As Angel soon celebrates its twenty-second birthday, it is a great personal honor for me to open the door of my heart and pay tribute to the memory of my husband, Dick Rose, the inspiration for Angel On My Shoulder.

In 1995 following Dick’s heavenly transition after a courageous battle with cancer I (along with our children) founded Angel On My Shoulder. Keenly aware of the strength of love, this foundation was created to make something good out of something bad as a loving tribute to the man who was our love, life and inspiration.

Dick would be so proud of Angel and how its wing span has grown throughout these twenty-two years touching many hearts and lives in positive and profound ways. It fills me with great personal joy to know that Angel On My Shoulder has become a blessing through its many programs and services to those (all ages) navigating the emotional and stressful world of cancer.

I have learned that we each possess the power to give of ourselves. Cancer has a face. In its world it is easy to get lost in the numbers. Although there are many people living with the same cancer, no one lives it in the same way. We try to embrace each individual’s needs ... personally, uplifting and with genuine passion and compassion. Love, comfort and support are key words.

It is my hope that when thinking of Angel On My Shoulder, this thought will come to mind ... Heaven sends helping hands and caring hearts just when we need them the most.

In that spirit and through this newsletter, we invite you to “discover” our programs, services and events designed to bring light, peace and hope to those living with or affected by cancer.

Take Care, God Bless and please remember to always “Celebrate Life”,

“Love and kindness are never wasted. They always make a difference”.

– Barbara DeAngelis

Angels Danced the Day We Were Born!
The philosophy of our camps is to help young people realize:

- It’s okay to smile, laugh and have fun even though a loved one is hurting.
- It’s okay to be sad, angry and frustrated about what they are going through due to a loved one’s illness.
- They are not alone, others are experiencing similar feelings.

Our Camps

In 1995, I founded Angel On My Shoulder in memory of my late husband, Dick, who fought a courageous battle with cancer. My hope was that it would become an emotional backbone for the cancer-affected community. After forming a Board of Directors, of individuals from throughout the state of Wisconsin who had been affected by cancer, it was time to determine the best ways of helping to improve the quality of life of those living with or affected by cancer.

I began meeting with various individuals in health organizations to explore possibilities for offering comfort and support. During a discussion with a hospice social worker, the suggestion of a cancer related camp for kids came to light. I was truly inspired and remembered all too well how Dick’s cancer journey had affected our own grandchildren.

My hope was to create an environment of love, support, and understanding for young people, who many times, unavoidably become sideline kids. To the best of my knowledge, there was not a camp that addressed their needs. I presented the concept to the Angel On My Shoulder board members who overwhelmingly supported implementing this program.

In July of 1997, Camp Angel, a one-of-a-kind support camp for children experiencing cancer through a loved one became a reality and changed my life forever.

As Camp Angel continued to grow, we decided to improve and expand the program to ensure the best experience possible for these very special young people.

In January 2001, Angel On My Shoulder proudly introduced Camp Teen Angel for teens ages 13-15. Camp Teen Angel, a wing of Camp Angel, is designed to meet the needs of young teens. It has become a source of strength and camaraderie for this unique age group.

In 2009, in an effort to reach out to more young people, we developed Angel Adventures Camp for 16 to 18-year-old high school students. An opportunity to expand this camp came to us in 2014 and Angel Adventures Extreme was created. The extreme adventure camp offers our 16-18 year olds extreme and challenging activities.

Angel On My Shoulder took over the leadership role of Camp Hozhoni from the American Cancer Society in 2014. We are continuing the tradition created by the ACS to provide support through this special camp for families with children age 18 and younger living with cancer. This camp complements our family of camps for children and we are honored to be able to present this extraordinary camp. In 2016, we were very pleased to be able to add a winter Camp Hozhoni. We hope to provide a unique and wonderful winter experience that will be quite different from the summer camp.

Our goal is to provide each age group with the opportunity to have fun, share experiences, and perhaps gain some insight and coping skills, while bonding with other people in situations similar to their own. - Lolly Rose

Camp Hozhoni is a weekend camp for children age 18 and younger living with cancer, and their families. Camp Hozhoni brings families closer together and builds personal strength. In a camp-like environment, parents and children gather with caring professionals and volunteers for a weekend of workshops, family/group activities, water sports, and great fun.
CAMP ANGEL is just the place to check out if you know of a child or children ages 7-12 affected by cancer through loved ones (parent, sibling or grandparent) or who have recently experienced the loss of a loved one through cancer. It’s a unique weekend retreat where kids can just be kids in an environment of care and understanding.

This incredible camp opportunity is offered cost-free to the families. Two outstanding campsites located in the beautiful northwoods of Wisconsin are the settings for both our summer and winter Camp Angel retreats.

These weekend camp retreats are well-supervised and provide the campers an opportunity to meet others like themselves, create special friendships and share a special spirit of bonding and being together. Camp Angel is a safe and joyful place to be with an abundance of fun-filled activities and presentations. The campers have the opportunity to attend two sessions of Camp Angel and based on their age may also be eligible to attend Camp Teen twice.

Our transportation to and from camp is provided on coach buses from designated pick-up points throughout the state. Parents/Guardians are responsible for transporting their child(ren) to and from the established bus stop locations.

For further information, please visit our easy-to-navigate website, complete with photos of past camps, downloadable registration forms and camp checklists or register on-line. We invite you to contact us toll free at (800) 860-3431 or via e-mail at info@angelonmyshoulder.org

Pirates are Angels Too. Avast me hardies …

The Strauss Family of Pirate’s Hide-Away in Eagle River, WI provide swashbuckling Pirate Adventures for our summer Camp Angel and Camp Teen Angel campers. Captains Steve and Stevo guide our campers through the magical experience of becoming “Pirates” for a day on their intriguing Pirate ship as it voyages down a beautiful Chain O’ Lakes in northern Wisconsin.

Our campers are delighted with these unique adventures provided by Captains Steve and Stevo and all the Strauss “angel” family and so are we. Shiver me timbers … ARRH!!
Camp Teen Angel

Camp Teen Angel is designed for healthy young teens 13 to 15 years of age. Held in July in the beautiful northwoods of Wisconsin, our activities are geared to challenge our campers physically and mentally while interacting with other teens with similar cancer journeys. Campers arrive Friday afternoon, experience fun-filled days Saturday and Sunday, and return home on Monday.

Camp Manito-Wish in Boulder Junction, WI, is home to this 4-day camp. Camp Teen Angel provides exciting games and activities such as horseback riding, go-karting, a pirate ship adventure, a challenging high-ropes course, and the weekend culminates in an energetic dance party.

We strive to offer young teens the opportunity to have fun and make new friends. We do team building exercises and offer exciting activities for these energetic young people. Sharing sessions are introduced at this camp to allow our campers to talk and network with each other about their cancer experiences. The camp is cost-free to participants. Space is limited and preregistration is required. Registration forms are available on our website.

Twenty-one energetic campers took part in our 2016 Camp Teen Angel and we had a marvelous time. We would like to give a shout out to our exceptional counseling staff, Kyle Schmidt, Ali Wilkins, Michael Gonzales, Lenny Childs, Laurel DeGarmo and Chloe Springer. We also welcomed former camper Magen Zettlemeier as a counselor this year. A special thanks to Camp Manito-Wish; including Alex Black and his staff, for guiding our camp.

In addition to the expected camp activities like high-ropes, hikes and campfires, we went horseback riding at Holiday Acres in Minocqua and even got to drive the go-carts. We sailed with the Eagle River Pirates at Pirates Hide-Away and walked the plank and danced to music provided by DJ Doc Gary.

It was a great camp and we were privileged to get to know these awesome kids. Our next Camp Teen Angel will be held July 14-17, 2017.
Angel Adventures

Angel Adventures is an exceptional camp for healthy 16-18 year olds experiencing cancer through a parent, sibling or grandparent. This cool camp features challenging outdoor winter activities as well as cozy fireside chats. Campers may come to this camp as strangers but they will leave as friends.

Our activities included awesome tubing, broom ball, snow shoeing, and cross country skiing plus indoor games and activities. Sunday evening we do karaoke with Doc Gary which showcases lots of talent and good fun and laughs.

Nicole and Andy King are our fearless leaders. The campers offered each other support and coping skills during our sharing sessions. Each year we are amazed by the brave and wonderful teens we get to know and spend time with. This year was no exception.

This camp is limited to 14 campers.

Get your registrations in early to avoid disappointment. You can view pictures of this amazing camp on our Facebook page.

Angel Adventures Extreme

We launched our first Angel Adventures Extreme in 2014 and it was an extraordinary event. Angel Adventures Extreme is an extreme twist on our camp for young people 16 to 18 years old. This camp offers intense and exciting activities mingled with guided Sharing Sessions to help empower older teens affected by cancer. Campers arrive at camp late Friday afternoon after a marathon bus ride – everything about this camp is extreme – then settle into our yerts – platform tents – and explored our home for the weekend. It is a beautiful and quiet spot away from all the noises of urban life. Of course the rest of the weekend is anything but quiet and serene.

Activities include sea kayaking, exploring a copper mine, rappelling down a mineshaft, hiking around beautiful waterfalls and trust activities. This camp is held in August at a base camp in the Upper Peninsula.

Our 2016 AAX camp was filled by 14 amazing campers. Thanks to our extremely talented counselors, Kyle Schmidt, Dawn Grau, Anthony Hartung, and Katie Ladsten (who doubled as the bus chaperone) and to the staff at the base camp. It was a pleasure getting to know these exceptional young people.

Our next Angel Adventures Extreme will be August 4-7, 2017. This camp is limited to 14 campers, so get your registration forms in early. If you think you’re up to the challenge, contact us for more information on how to register for this exciting camp.

You don’t have to make us feel safe, because you’ve made us feel brave.

Emma Bloom, Miss Peregrine’s Home for Peculiar Children
Camp Hozhoni was designed to provide support and friendship to families with children 18 years and younger living with cancer or in remission. Twenty-one families filled our 2016 Camp Hozhoni. Our theme was Hozhoni Gone Wild (think Jungle) and we had a roaring good time.

The mission of Camp Hozhoni is to bring families closer together and build personal strength by providing a supportive environment. The children participate in hands on activities to develop creativity, physical endurance, mental challenges and team building. The adults gain mutual support and understanding through support groups led by peers and professionals. Families are offered the opportunity to come together to build a family project, take part in a pizza party, the Hozhoni Boogie, and participate in a variety of fun camp activities.

Camp Hozhoni is traditionally held the first weekend after Labor Day at the Lions Camp in Rosholt, Wisconsin.

Angel On My Shoulder would like to thank our corporate and individual donors as well as the dozens of volunteers who help us to provide this outstanding camp.

Our next summer Camp Hozoni will be held September 8-10, 2017. Registration forms will be available on our website or call 800-860-3431 for more information.
Dear Camp Hozhoni,

Our journey started when Chloe was 18 months old when she was diagnosed with stage 4 Neuroblastoma Cancer. We all knew that Chloe had a very little chance of survival. These circumstances not only broke our hearts, but also brought all of us deep into a situation where we felt completely helpless, weak, and lost.

During this difficult time, we realized that when we were the most in need of help, God is always there to support us with love and mercy. He always sent someone to walk with us and care about us. We all need hope, faith, and love to be able to endure and keep walking on the journey of cancer. The more difficult the path is, the more love and understanding we have for one another. As long as we don’t give up on each other we can make it through.

We are very thankful to Angel on my Shoulder and everyone involved in organizing Camp Hozhoni. It is a loving and soul healing place for families who are going through cancer or have been through cancer. Here we have the opportunity to come together and share our stories and comfort one another. This camp represents the love of God that is given to all of us from person to person, from family to family, and from the ones who serve to the ones who receive. It’s truly the place where love, hope, kindness, and support are found.

We want to thank all families who are attending Camp Hozhoni this weekend and we welcome you with our hearts. Your journey is long and difficult, like ours. It comes with tears and also with love. Please know that you are not walking alone. Through this experience, you will be stronger than strong and braver than brave. As you walk on this journey, we want you to know that the angels of God always stand with you wherever you are. Every second they are looking out for you, leading and comforting you. They will always be there to assure that everything will be alright as you walk on and never give up.

Our Prayer ... May all your children be healed in the power and authority of almighty God, may all miracles be brought upon us and our children, may Love overcome fear no matter what circumstances we are in, may God lead us all the way to victory. May these prayers that came from deeply in our hearts as we are praying for one another be heard and answered. May this weekend be filled with the Love of God and his blessings.

In Jesus Christ Name we pray.
The Chaiyaroj family; Ton, Sonny, Chloe, Emily, Nadia

Our first ever Winter Camp Hozhoni was held February 26-28, 2016 at Camp Luther in Three Lakes, Wisconsin. Ten families participated and we had a great time. Families arrived throughout the evening on Friday. They made family flags, took part in our opening ceremony, were amazed by Cliff the Magicman, and then chilled in the game room while snacking at the taco bar.

The weather was unseasonably warm on Saturday, but we still had a blast tubing down the hills, playing broomball and riding on snowmobiles. The temperature peaked near 50º so everyone was comfortable outside and the day was beautifully bright and sunny.

Saturday evening, we boogied to DJ Doc Gary. We had some very creative dancers and even played a little “Pie Face!” before calling it a night. It was a lot of fun.

On Sunday it was time for our closing ceremonies which included a wonderful slideshow highlighting the weekend. Finally, we bid each other “goodbye for now” and were homeward bound.

We would like to thank all of our volunteers. Your help made this weekend happen. We would also like to thank our snowmobile team for bringing in their sleds and showing us a good time.

Our 2017 winter Camp Hozhoni will be held February 24-26, 2017. We have more great winter fun planned.
Real Benefit Benefit

Our unique annual invitation to stay home while supporting and celebrating Angel On My Shoulder! We salute each and every one of you for helping in this special way. Please watch the mail for this wonderful opportunity to help us, help others.

REAL BENEFIT BENEFIT
Celebrate Angel’s Birthday

Twenty-Two Candles … Angel turns twenty-two on February 21, 2017!! Celebrated annually on Angel’s birthday through our Stay-At-Home “Real Benefit Benefit” that offers a unique way to make a positive difference to those living with or affected by cancer through a fun and unusual gift giving opportunity while enjoying a quiet evening at home, not listening to entertainment that won’t be entertaining nor speeches that won’t be given!!

PLEASE DON’T ATTEND … rather reflect on the life of someone who has gone before us, visit a friend or a family member living with cancer, or give a lending hand to a caregiver.

In lieu of attending another gala event, wearing a black tie or high heels and being bored with stiff chit chat, a donation to benefit those in the cancer affected community would be gratefully received.

If you are able to make a donation, we deeply appreciate it. If you are unable to do so but could benefit from our programs and services, please consider this an invitation to participate in that way.

Comment from Real Benefit Participants:

“Bless you all for creating this wonderful experience (our camps). You have made a huge, positive impact on my daughters. I am pleased to donate”. Darci, Camp Parent

“Donating in three divisions as thanks for the help you gave each of my three children”. Jennifer

“This is the best charity event I’ve been invited not to attend. Great idea!” Lori

The MTH Foundation is a not-for-profit corporation dedicated to fulfilling the life pursuits and dreams of Mary Terese Hartzheim. This mission is carried out by funding cancer research programs and by supporting the educational endeavors of young people in Minocqua, Wisconsin.

The MTH Foundation generously donated $3,500 to Angel On My Shoulder earmarked for our Camp Angel program in recognition of our work. The grant letter noted that MTH recognizes the important work Angel On My Shoulder is doing and that they are happy to be able to support us in this endeavor.

All of us at Angel On My Shoulder and especially the Camp Angel children who will greatly benefit from this generous donation are beyond grateful for the continued and remarkable support of the MTH Foundation.

Connie Dillahunt and Lolly Rose of AOMS accepted the grant check for Angel On My Shoulder from Gordy Dreidsen of MTH.

Barb Anderson, Foundation Board President of the Gordon Flesch Charitable Foundation, presented a grant check of $5,000 to Lolly Rose to benefit those living with or affected by cancer.

Angel On My Shoulder was truly honored to be the recipient of a grant in the amount of $5,000 from the Gordon Flesch Charitable Foundation. This incredible foundation is funded by the Gordon Flesch Company. The grant letter explained that each year Foundation Board Members conduct research within their respective communities to identify worthy recipients. Organizations that provide assistance to individuals and groups suffering from disease or recovering from disaster are given priority. Angel On My Shoulder was blessed and extremely grateful to be named a 2016 recipient.

Lolly Rose received a donation check from Mark Macdonald.

Volunteering is at the very core of being a human. No one has made it through life without someone else’s help. – Heather French Henry
Angel On My Shoulder and the Hermans …

Dennis and Amy Herman continue to collaborate with Angel On My Shoulder through kind and uplifting gestures of support.

Dennis and Amy Herman, incredibly giving and caring members of our Angel family, again reached out to us with beyond generous and special opportunities for families experiencing cancer to bring them joy and lift their spirits.

As they did last year (this is officially becoming tradition), Dennis and Amy provided six of their season tickets for the Packers’ first pre-season home game for a young person in the cancer experience and members of his/her family. Through our Camp Hozhoni connection we found the perfect “team” members to fulfill this exciting opportunity. And the Vanderkin family appeared … Don, Heather, David (our cancer warrior) and Adam. No coaxing was necessary for this family of Packer fans to use the tickets. The “above and beyond” duo (Dennis and Amy) also graciously provided each one of the participants with a Packer jersey (and each could chose their favorite Packer too). AOMS provided some help with travel and an overnight hotel stay in the area to make it easier for traveling for this night game.

And here’s the Packer report (after the game night) …

“We had such an awesome time. I can’t even begin to thank Dennis and Amy and Angel On My Shoulder. We arrived at 3:00 pm all sporting our new jerseys and did some tail gaiting. The boys played football in an open space. We played some cards, made brats and listened to a live band less than 50 yards from where we parked. The game and being at the stadium was nothing short of spectacular. Seeing the players right there on the field, the noise, the chants, being with the other fans sure brings the game to life. And being able to stay in a hotel in Appleton and climb in a comfy bed was nice too.

“Going to bed at 1:00 am didn’t stop the boys from waking early and getting in some swim time before check out though”. Thanks again. The Vanderkin Family

NOTE: The Packer’s won … big score for the Vanderkin’s and truly a win-win for all.

Dennis and Amy Herman also stepped right up with a kind and generous funding for the purchase of groceries for Holiday dinners to benefit families experiencing difficult cancer journeys during the holidays. Several families received gift cards to help with their holiday meal expenses.

One of the recipients responded with: “I just opened my mail and received the gift card you sent. I’m not going to be able to put into words how truly grateful I am … but I will try! :) It literally brought tears to my eyes. I have been so overwhelmed with financial worries this month, I could feel stress leaving my body as I sat there at the table crying. This will help so much in providing Aliyah a wonderful Christmas! I thanked God already for bringing Angel On My Shoulder and all of you into our lives. Now I want to thank all of you! Please relay this to the Herman family. Their generosity is so very much appreciated!! God Bless each of you and have a Merry Christmas and Happy New Year!!

Another Angel Connection

to support those living with or affected by cancer ...

Another “Packer Angel” came forward too this year with a generous and caring offer of his two preseason Packer tickets for someone experiencing cancer to enjoy. Richard Bruesch, who had participated in one of our Angel Care retreats for cancer caregivers, so kindly donated his tickets.

Two very huge Packer fans, Mark and Sarah Sislo (pictured) were delighted to be the recipients. Mark has been courageously battling cancer for the past two years. Richard’s gift of Packer tickets certainly lifted Mark’s spirits and brightened his day. AND the Packers won too so it was another win-win situation for sure!
Angel On My Shoulder’s very first program, Uplifting Angels, was implemented in 1995. Through this program, over approximately 6,000 “Thinking of You” gift bags are packaged twice a year for cancer patients (young and old alike) and delivered to over 80 hospital and oncology clinics through the state of Wisconsin. These “angel” gifts are designed to bring messages of hope, healing and support and to brighten the day of those who receive them.

Once delivered by our Angel messengers, health care professionals at the hospitals and clinics graciously present and deliver these “uplifting” gifts to their patients on our behalf.

Angel On My Shoulder is extremely proud of, and grateful to, our volunteer area coordinators, located throughout the state, who graciously package and deliver our “Uplifting” gifts to oncology units in hospitals and clinics in their respective areas.

The following are a sample of the many touching messages we receive about our Uplifting Angels visits …

In part …

“This week I was at Green Bay Oncology for my appointment and was given one of your gift bags. I want to thank you for this gift and for all that you do for cancer patients and their families. You have touched many lives with your generosity”. Christine

“On behalf of the Milwaukee Clement J. Zablocki VA Medical Center, we would like to extend our appreciation to you for your donation of gift bags. Thank you for your thoughtful gifts, with a picture holder, angel pin and card for each Veteran who comes to our Cancer Care Center. The Veterans who are given your “gift of love” appreciate them and cherish your thoughtfulness. Thank you for thinking of the Veterans who come to the VA Medical Center for care and attention. Your donation demonstrates your concern for America’s heroes as well as the service our Veterans have given to our Country”. Sincerely, Carrie Waschitz - Chief, Voluntary Service
Uplifting Angels visits were made to the following Oncology Treatment Centers in 2016

- ACS c/o Marshfield Cancer Center, Marshfield
- American Family Children’s Hospital, Madison
- Ashland Cancer Center, Ashland
- Aspirus, Rhinelander
- Aspirus, Three Lakes
- Aspirus Wausau Hospital, Wausau
- Aurora Advanced Health, Grafton
- Aurora Advanced Health, Milwaukee
- Aurora Cancer Care, Grafton
- Aurora Germantown Health
- Oncology-Germantown
- Aurora Cancer Care, Slinger
- Aurora Cancer Care, Kenosha
- Aurora Medical, Waukesha
- Aurora Medical Center Summit, Oconomowoc
- Aurora Women’s Pavilion, West Allis
- Cancer Team at Bellin Health, Green Bay
- Children’s Hospital of Milwaukee, Milwaukee
- Columbia/St. Mary’s Oncology Inpatient, Milwaukee
- Columbia/St. Mary’s-Ozaukee Medical Oncology, Milwaukee
- Comprehensive Breast Care, Wauwatosa
- D-N Greenwald Center, Mukwonago
- Door County Cancer Center, Sturgeon Bay
- Eimbroke Hospital, Brookfield
- Fox Valley Hematology & Oncology, Neenah
- Fox Valley Hematology & Oncology, Oshkosh
- Froedtert & Medical College Cancer Center, New Berlin
- Froedtert Memorial Hospital-Inpatient, Milwaukee
- Froedtert Memorial Hospital- Radiation, Milwaukee
- Froedtert Memorial Hospital-7CFAC, Milwaukee
- Froedtert Memorial Hospital-Hematology, Milwaukee
- Froedtert Memorial Hospital-Colon-Rectal, Milwaukee
- Green Bay Oncology-Oconto Falls, Oconto Falls
- Green Bay Oncology-St. Mary’s Hospital, Green Bay
- Green Bay Oncology-St. Vincent’s Hospital, Green Bay
- Gunderson Lutheran Medical Center, LaCrosse
- Holy Family Memorial Cancer Care, Manitowoc
- HOPE Lodge, Marshfield
- Langlade Hospital Cancer Center, Antigo
- Marshfield Clinic, Minocqua
- Marshfield Clinic Cancer Care, Stevens Point
- Marshfield Clinic Cancer Care, Weston Center
- Marshfield Clinic, Oncology, Marshfield
- Mayo Clinic Health Systems, LaCrosse
- Mercy Health Systems, Janesville
- Meriter Hospital, Madison
- Michael D. Wachtel Cancer Center, Oshkosh
- New London Family Medical/Theeda Care, New London
- Oconomowoc Memorial Hospital, Oconomowoc
- Oncology Alliance-North Clinic-Medical Oncology, Milwaukee
- Oncology Alliance-Racine Clinic, Racine
- Oncology Alliance-St. Luke’s Clinic, Milwaukee
- Reiman Cancer Care Clinic, Franklin
- St. Agnes Hospital, Fond du Lac
- St. Catherine’s, Pleasant Prairie
- St. Claire Hospital, Baraboo
- St. Joseph’s Community Hospital, West Bend
- St. Joseph’s Hospital-Pediatric Unit, Marshfield
- St. Joseph’s Hospital-Radiation, Marshfield
- St. Luke’s Medical Center-Inpatient, Milwaukee
- St. Luke’s Medical Center-Radiation, Milwaukee
- St. Luke’s South Shore-Vince Lombardi Cancer Clinic, Milwaukee
- St. Mary’s Memorial, Rhinelander
- St. Vincent Hospital, Green Bay
- St. Vincent Hospital-Pediatric Unit, Green Bay
- Sinai Samaritan Medical Center, Radiation Oncology, Milwaukee
- Sinai Samaritan Medical Center- Vince Lombardi Clinic, Milwaukee
- Theda Care Cancer Center, Appleton
- Torville Bay Radiation Oncology, Madison
- UW Cancer Center, Johnson Creek
- UW Cancer Center-Pro Health Care, Pewaukee
- UW Medical Foundation, Madison
- UW Paul P. Carbone Comprehensive Cancer Center, Madison
- VA Unit-Oncology, Green Bay
- VA Veterans Hospital, Milwaukee
- Vince Lombardi Cancer Center-Aurora/ Oshkosh
- Vince Lombardi Cancer Clinic, Two Rivers
- Waukesha Memorial Hospital, Waukesha
- West Allis Memorial Hospital, West Allis
- West Allis Memorial Hospital, Oshkosh
- Wheaton Franciscan Cancer Care, Franklin
- Wheaton Franciscan All Saints
- Cancer Care, Wauwatosa

Uplifting Message

“Thank you for all that you do for cancer patients. Over the summer, I attended IMPACT camp at Camp Luther in Three Lakes, WI (where you hold some of your camps). For our service project, all of the IMPACT campers came to St. Germain to help assemble Uplifting Angels packages for cancer patients. Through this experience, I was able to see firsthand how much work and time goes into what you do. It was amazing to be a part of an organization that is so dedicated to serving others. It was not until several days ago that I realized the true extent of the impact Angel On My Shoulder has on the lives of cancer patients. Recently, I began volunteering once a week at Fox Valley Hematology and Oncology. Last week, when I arrived for my shift, I couldn’t help but notice a cart stock full of the AOMS gift bags for the oncology patients. I also couldn’t help but notice the joy on the patient’s face as they received their bag and looked at the items in it. I just wanted to take the time to tell all of you at Angel On My Shoulder that what you do has such a positive impact on people going through some of the hardest and most trying times in their lives. Thank you again for all you do.”

Samantha

“Never underestimate your ability to make someone else’s life better – even if you never know it.”

– Greg Louganis

Lucy and Jake, grandchildren of our Angel Care Facilitator, Anita Domnitza, help package Angel Care bags for participants. Lucy even included a special note.
**It's None of My/Your...**

By Anita Domnitz, RN, MS, ND

**BUSINESS!** How often have you given or been given unsolicited advice, intrusive comments, or judgmental innuendo? Let’s start with an unrequested comment being given to you. Think of some recent comment of this nature. How did it make you feel? What was your reaction to it? Was it helpful to your situation? Was it verbal or nonverbal? Was it kind, caring, sarcastic, or mean? Did the motivation seem sincere, calculated, or jealous? Did you learn from it? Now, let’s turn those questions around. Ask them of yourself regarding times when you’ve offered unsolicited advice to someone else. Are you understanding where I’m going with this line of inquiry?

I would guess we’ve all been on both sides of this situation. Sometimes the receiver; other times the giver. The point is: are these comments right, respectful, necessary, helpful, or hurtful? Do they address a life or death scenario? Do they foster codependency? Do they deal with a safety issue? Are they LOVING?

To be clear, I’m not talking about situations in which one openly requests advice or insightful processing from friends, family, or professionals. I’m talking about boundary issues with regard to life events, actions, and situations. The longer I live the more aware I am of lessons I am learning. Lessons on how to navigate my day to day existence. We are all learning and growing. Some of us need to set better boundaries. Others of us need to learn how to respect other’s boundaries.

Where do we learn about these boundaries? It begins in the home. Family cultures are quite varied. There are those that communicate almost completely non-verbally. A look, a sigh, a hard footstep, a tear, a retreat to one’s room, a slammed door, chores done or not done are all examples of non-verbal communication. There are many, many more. Verbal family communicators can run the gamut of loud, soft, screaming, mumbling, crying, direct and indirect words, phrases, lectures, sarcasm; words that don’t match the affect of what is said, like: sure you can do such and such without me, but the tone is: poor me, how could you! Shame and guilt can be a powerful underlying message. One that I personally despise! Thank you to my parents for not guilt tripping me! I don’t guilt or shame my children or grandchildren. That said, as a family we are quick to offer our opinions to one another. Most of our comments are humorous, but not always.

Since we’ve all been the giver and receiver of unsolicited comments, what can we learn to help us decide when to “speak,” verbally or non-verbally? Sai Baba of Shirdi said: “Before you speak, ask yourself: Is it necessary, is it true, does it improve upon the silence?” Ponder that for a moment. Notice I included non-verbal communication in that question.

His question: is it true, is the first of four questions that Byron Katie poses in her first book, Loving What Is. In it she explains the four questions and gives real life examples of processing them. The four questions are: Is it true? Can you absolutely know that it’s true? How do you react when you think that thought? Who would you be without the thought? Next she has you, “turn it around” and evaluate the comment as if it was you being asked these questions. It is a brilliant approach to solving emotional relationship problems. This may sound out of sync with the title of this article. However, when we give or receive unsolicited advice it is about the emotional relationship with the other person. Make sense? I strongly recommend her books and doing what Byron Katie calls, The Work. There are free worksheets online that can be downloaded.

In our Angel Care caregiver retreats we talk a lot about setting boundaries with opinionated people who freely share advice, beliefs, and judgments. Caring for a loved one with cancer is an emotional roller coaster. It is not a time that a caregiver wants to be inundated with unrequested material. My cousin and mentor, Sara Sherman, has taught me to ask permission before espousing my beliefs. Or better yet, to wait to be asked for my opinion. After sixteen years of facilitating Angel Care, I can honestly tell you that caregivers feel the same way. Listening without the need to comment is one of the most loving things a person can do. Being witness to the feelings of others without judgment or advice is truly a gift to that person.

Sara’s sister, Laynie Ouimette, another cousin and mentor, says, we teach people how to treat us. I leave you with a quote from Kurt Vonnegut, the great author of the ’60s and ’70s: When you talk you hear what one person has to say; when you listen you can hear the whole world. The next time you’re about to offer unsolicited advice or comment, ask yourself the age old question, “Is this my business?”

“Angel Care is such a gift to all, including me! The power of group therapy support is incredible! I love how the participants bond, share their lives with one another, and realize that they are not alone.” – Anita Domnitz

You can’t pour from an empty cup. Take care of yourself first.

If you have done the very best you can, worrying won’t make it any better. – Leonardo DiCaprio
Angel Care Retreats

Angels Among Us

Angel On My Shoulder is beyond pleased to offer Angel Care for cancer caregivers. These special individuals do, or have, provided unwavering care and given of their time and energies to care for those persons living with cancer.

Angel Care offers cancer caregivers (male & female past and present) an emotional outlet and opportunity to experience much needed relief from the stresses of reality. Anita (Nita) Domnitz, R.N., M.S. N.D. the Architect and Facilitator of these amazing retreats, guides our caregivers as they learn techniques that enable them to reduce fats associated with physical, mental and emotional stress and help them understand the feelings and challenges they are facing.

This phenomenal retreat brings these selfless “Angels” together in a safe, non-judgmental and nurturing environment affording them the opportunity to regroup and recharge while learning and sharing with other cancer caregivers in similar situations.

The home of Angel Care is the Wintergreen Hotel & Conference Center in the Wisconsin Dells. We gratefully acknowledge, Julie and Bob Johnson and Dianne Thompson along with Shirley Lewandowski and staff for their continued Angel “Care”!

Kind and deeply appreciated notes are received from Angel Care participants ~ ~ in their words (in part) ...

“We were put in touch with Angel On My Shoulder through St. Agnes Hospital in Fond du Lac. I have been and am still caring for my wife, Carol. I went to Angel Care for cancer caregivers. It was so very nice and compassionate. I cannot say enough about how uplifting this experience was for me. Anita was our leader and at first I was not sure what to expect. I soon began to know Nita and saw why she is with Angel On My Shoulder and it changed my whole being. I cannot begin to tell you what a great experience it was – thank you”. Richard

... "Oh my goodness. This was so beneficial and very inspirational. We have formed a bond as a group. I feel that I can be a better caregiver now. Loved the whole experience. We all need an Angel on our Shoulders. Thanks Angels." Sherry

... "This retreat was more than I could have imagined. I am leaving with more hope and strength than I have felt in a long time. Lots of friendships were made”. Rhonda

"A wonderful way to connect with others who understand my fears and joys. A much needed respite from the daily work as a cancer caregiver". Alyssa

... "An awesome, moving experience". Kendra

... “Thank you for the great experience I had attending the Angel Care retreat. I feel a lot better about my brother-in-law’s death and it was helpful to me to hear the stories of the other attendees.

“I would like to express my thanks to Anita. She is wonderful. She has so much compassion and is a super great person. Your organization is very blessed to have such an awesome person representing it.” Tina

“Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe and have faith that everything will work out for the best.” – Unknown

Everyone wants to be the sun to lighten up everyone’s life, but why not be the moon, to brighten up their darkest hour. – Paulina Amigo
The Twentieth Annual B. Bruce Krier Angel Golf Spectacular was a tremendous success with over 180 golfers registered to come out swinging and celebrate this landmark year with us. The renowned St. Germain Golf Course, the largest and fastest 18-Hole course in the beautiful northwoods was again the setting of this phenomenal event. It truly was something to celebrate with a record breaking amount of over $200,000 raised to make a positive and profound difference to those living with or affected by cancer.

A huge thanks to our “Spectacular” presenting sponsors ~ Trig and Tula Salberg and Jeff and Joy Sievert, owners/operators of the Whitetail Inn, the hosts of our awards banquet which includes silent and live auction items galore. The Sievert’s also hosted our well-received Party With The Pack event the night before the Spectacular. Carl and Deb Ruedebusch were among the many guests who mingled with the Packers. During the course of the evening, the Ruedebusch’s presented Lolly with a remarkable donation of $1,000 to benefit those in the cancer affected community. We are extremely grateful to Carl and Deb for their above and beyond kindness and generosity.

Four Packer greats-Gilbert Brown, William Henderson, Tyrone Williams and Lynn Dickey honored us with their presence.

Joe and Kathy Lass, owners of the award winning Wolf Pack Café in St. Germain, Wisconsin graciously hosted the annual “Breakfast with the Packers” prior to the golfers taking to the golf course.

Area business establishments prepared, provided and served tempting food offerings at designated holes along the course. We gratefully acknowledge Trigs, Eagle River Roasters, Riverstone Restaurant-Eagle River and Spangs Italian Restaurant in St. Germain.

Mark O’Connell, Executive Director of the Wisconsin Counties Association, served as Master of Ceremonies presiding over the celebration awards banquet. We are proud to say that he is also a member of our Angel On My Shoulder Board of Directors.

Mark O’Connell, Executive Director of the Wisconsin Counties Association, served as Master of Ceremonies presiding over the celebration awards banquet. We are proud to say that he is also a member of our Angel On My Shoulder Board of Directors. We welcomed Tony Calabrese as this year’s Auctioneer.

It was an honor and privilege to name Dennis and Amy Herman as our 2016 Golf Honorees in tribute of their enormous and continued support of those living with or affected by cancer.

Kalisa and Tim Nampel were the recipients of the cherished Pandora Bracelet. The passing forward of this bracelet is a golf spectacular tradition created and implemented by our eternal Angel, Bruce Krier.

Last year’s recipients, John and Kathy Dirkse, made the presentation.

The last live auction item up for bid at the Spectacular, as it is every year, is the one and only, Vincent Bunny. This inspirational bunny is a “give back” tradition that our forever Angel, Bruce Krier, (eight time record holder of Vincent Bunny) started at the very first golf spectacular. Each year “Vincent” is purchased by the highest bidder and donated back for next year’s auction to raise even more monies to champion our cancer support programs.

This year Sharon Murillo (Serve You.) was the all time highest bidder and winner of this coveted bunny. Now that’s an incredible way to Celebrate 20 Years of this heartwarming tradition. (Serve You.) was also highest bidder of Vincent Bunny at the 2009 Golf Spectacular.

We gratefully salute Peggy Nimz and Charlie Kotke, the “Spectacular Co-Coordinators”; sponsors; golfers; and...
volunteers and all those involved in making the B. Bruce Krier Angel Golf Spectacular the unparalleled event it has become over these twenty years. Your hard work, commitment and dedicated efforts to make a positive difference to those in the cancer-affected community deserves a huge round of applause.

Join us to celebrate “TWENTY-ONE SPECTACULAR YEARS” of the B. Bruce Krier Angel Golf Spectacular. Please mark your calendars for June 9, 2017. Those living with or affected by cancer need YOU there and so do we!!

Please contact Angel On My Shoulder at 800-860-3431 or e-mail us at info@angelonmyshoulder.org if you are interested in sponsoring a team, golfing, or would like to attend the auctions and award banquet. Donations are tax-deductible. More details are available on our website at www.angelonmyshoulder.org

Philanthropy is not about money … its about feeling the pain and caring enough about their needs to help. – Timothy Pina

Angel on My Shoulder™
A PROGRAM OF

Angel Golf Spectacular Bracelet Story.

Bruce Krier, member of the founding board of AOMS and Co-Founder of the B. Bruce Krier Angel Golf Spectacular, was selecting the jewelry piece for our golf spectacular Rose Raffle at a jewelry store in Cedarburg. He was telling the clerk about the purpose for the jewelry piece and about Angel On My Shoulder and our work. A very nice woman (another patron) overheard the story and was touched by what she heard Bruce relay about Angel’s support of those affected by cancer. As a kind gesture of caring, she wanted to give something meaningful to AOMS and chose a Pandora Pendant Bracelet with a special charm which she then gave to Bruce in support of our mission. The Pandora Pendant Bracelet tradition originated from the warm heart of a wonderful woman inspired by AOMS.

Touched by this woman’s kindness and caring, Bruce then began this heartwarming tradition of “passing forward” this meaningful Pandora Pendant Bracelet at the 2009 B. Bruce Krier Angel Golf Spectacular with a charm he added to light the way.

Each year the “reigning” Pandora recipient selects and adds another charm to this beautiful bracelet to continue the tradition created by our “Spectacular Angel”… Bruce Krier – always with us in heart and spirit.

We salute the prestigious Pandora Bracelet recipients:

2009 Molly Ahlborn
2010 Lolly Rose
2011 Kathy Mathie
2012 Jane Hunter
2013 Peggy Quinn
2014 Rhonda Husnick
2015 John & Kathy Dirkse
2016 Kalisa & Tim Nampel

Lolly Rose accepts an auction item from Laurie Draeger, a long-time friend and supporter of Angel On My Shoulder.

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

Packer Great Tyrone Williams celebrated the evening at the Jane & Mike Hunter Foundation table with the Volm Company group.

Kalisa & Tim Nampel were the 2016 Pandora Bracelet recipients.

There was something for everyone in the large selection of beautiful and unique silent auction items presented at the “Spectacular”.

"Spectacular" Camaraderie
Left to right: Joe True, John Rassel, Mitch Lamberg, Maggie Leaf

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

We salute the prestigious Pandora Bracelet recipients:

2009 Molly Ahlborn
2010 Lolly Rose
2011 Kathy Mathie
2012 Jane Hunter
2013 Peggy Quinn
2014 Rhonda Husnick
2015 John & Kathy Dirkse
2016 Kalisa & Tim Nampel

Lolly Rose accepts an auction item from Laurie Draeger, a long-time friend and supporter of Angel On My Shoulder.

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

Kalisa & Tim Nampel were the 2016 Pandora Bracelet recipients.

There was something for everyone in the large selection of beautiful and unique silent auction items presented at the “Spectacular”.

"Spectacular" Camaraderie
Left to right: Joe True, John Rassel, Mitch Lamberg, Maggie Leaf

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

We salute the prestigious Pandora Bracelet recipients:

2009 Molly Ahlborn
2010 Lolly Rose
2011 Kathy Mathie
2012 Jane Hunter
2013 Peggy Quinn
2014 Rhonda Husnick
2015 John & Kathy Dirkse
2016 Kalisa & Tim Nampel

Lolly Rose accepts an auction item from Laurie Draeger, a long-time friend and supporter of Angel On My Shoulder.

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

Kalisa & Tim Nampel were the 2016 Pandora Bracelet recipients.

There was something for everyone in the large selection of beautiful and unique silent auction items presented at the “Spectacular”.

"Spectacular" Camaraderie
Left to right: Joe True, John Rassel, Mitch Lamberg, Maggie Leaf

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

We salute the prestigious Pandora Bracelet recipients:

2009 Molly Ahlborn
2010 Lolly Rose
2011 Kathy Mathie
2012 Jane Hunter
2013 Peggy Quinn
2014 Rhonda Husnick
2015 John & Kathy Dirkse
2016 Kalisa & Tim Nampel

Lolly Rose accepts an auction item from Laurie Draeger, a long-time friend and supporter of Angel On My Shoulder.

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.

Kalisa & Tim Nampel were the 2016 Pandora Bracelet recipients.

There was something for everyone in the large selection of beautiful and unique silent auction items presented at the “Spectacular”.

"Spectacular" Camaraderie
Left to right: Joe True, John Rassel, Mitch Lamberg, Maggie Leaf

Packer Greats William Henderson and Gilbert Brown enjoyed the evening festivities with the Volm Company group.
Donating Stock

Sometimes, when we look at all we have, we look for ways to pay it forward, with charitable intent. Doing so not only benefits the charity, such as Angel On My Shoulder, the donor receives tax benefits as well, particularly when the gift is appreciated securities such as stocks or mutual funds. Donors of appreciated assets obtain a tax deduction for the value of the investment and avoid capital gains taxes on the donated asset.

Over the past few years, Angel On My Shoulder received very appreciated donations of stock from a couple in Milwaukee. Their gifts of stock motivated us to establish an account to accept securities from donors who wish to take advantage of the tax benefits and support our mission.

For information about donating stock or other eligible investments (some investments may not be eligible) to Angel On My Shoulder, you or your broker may contact Bonnie Stieber, VP – Personal Trust Services at WoodTrust Asset Management. Phone 715-301-1605 or email bonnie.stieber@woodtrust.com.

Donating stock to charity is a smart approach to philanthropy. Stock gifts or other low basis assets have several advantages over cash. When you give stock that has grown in value since you bought it, no capital gains tax is paid. This allows you to give more to the charity at less cost to yourself. Plus, you can take a tax deduction for the larger amount of the donation.

For a comprehensive review of your personal situation, always consult with a tax or legal advisor.

How to Be an Angel

We are frequently asked for ways to help us help those living with or affected by cancer. Angel On My Shoulder operates solely on a volunteer basis.

To request a volunteer application form we invite you to write, e-mail, call us toll free or obtain one by visiting our website. Angel’s contact information is listed at the end of this newsletter.

Whether it is “hands on”, financially, and especially prayers for those in need, your support is deeply appreciated. We can always use an extra pair of “wings”. It is special to give from the heart.

We have compiled the following list of our programs and possible volunteer opportunities:

**Uplifting Angels**
Gift deliveries made to hospitals/oncology units throughout the state to those affected by cancer to offer support and encouragement.

**Angel Care/Healing Angels**
Retreats and support for caregivers and survivors. Create awareness of these wonderful support retreats.

**Camp Angel/Angel Adventures/ Angel Adventures Extreme**

- **Camp Angel - 2 camps** (ages 7-12)
- **Camp Teen Angel** (ages 13-15)
- **Angel Adventures/ Angel Adventures Extreme** (ages 16-18)

One-of-a-kind camps designed to address the needs of young people affected by cancer through loved ones (parent, sibling or grandparent) or who have experienced the recent loss of a loved one through cancer.

- **Counselors** (age 18 or over)
- **Volunteers/varied duties** (set-up, assist campers, bus chaperones, etc.)
- **Activities**: assist campers; provide activity (i.e. snowmobile rides, dog sleds, sleigh rides, fishing-summer & winter, water craft, boat rides-pontoon & speed boat)
- **Entertainment/demonstrations (all types considered)**

**A Gift of Remembrance**
A gift of remembrance to Angel On My Shoulder in recognition of a loved one is a heartwarming and meaningful way to help make a difference to those living with or affected by cancer. This loving gesture of giving back in their honor or memory is truly a beautiful tribute to their life.

Their names will be listed in our annual newsletter and on our website. You will receive an acknowledgement card of appreciation. We provide acknowledgments of your kind and generous gift to family members of loved ones who are honored or remembered.

**Return to Sender**
Angel On My Shoulder must pay for return postage on all forwarded or non-forwardable mail. Notify us of any change in address or if you wish to be removed from our mailing list.

**Corporate Giving Programs/ Dress Down Days**
Angel On My Shoulder gratefully acknowledges the many corporations that support employees who are involved in charities. Corporate giving programs, contributions from designated Dress Down Days, and special donations to support our programs are warmly received and greatly appreciated.
Sponsor a Camper

Sponsoring a camp experience for a child or teen affected by cancer through a loved one (parent, sibling or grandparent) is a wonderful gesture to help Angel On My Shoulder reach out to those living with or affected by cancer.

Adventures Extreme (16-18) provide young people the opportunity to be with others like themselves in an atmosphere of love and support knowing that their pain is understood. These camps are costly even though they are cost-free to the campers. Our goal is to give as many kids as possible a chance to be part of these fun-filled and inspiring weekend retreats designed to meet their unique challenges. If you are able to sponsor a camper, we (and the young people it benefits) would greatly appreciate your support.

The approximate costs per camper are:
- Camp Angel $350;
- Camp Teen $450;
- Angel Adventures $650;
- Angel Adventures Extreme $700;
- Camp Hozhoni $800 per family.

Whatever amount (big or small) will truly make a positive difference!

Angel Presentations

We are pleased to give presentations to schools, businesses, health facilities, organizations and service clubs to provide information and answer questions which will give you a clearer picture of our foundation, its services and programs. We can also offer you suggestions on how you can help us, help others. Our angel presenters look forward to receiving invitations that allow us to create awareness of the programs and services of Angel On My Shoulder.

Visit Our Website: www.angelonmyshoulder.org

Angel Wish List

We gratefully accept items to fill our gift baskets and supplies for our programs. Some of the items that would be useful and appreciated include:

- Postage Stamps
- Neon Necklaces / Bracelets
- Small Flashlights

We request that all items be new.

From our Friends at Northland CPAs

Northland CPAs was honored to sponsor and play in the 20th Anniversary B. Bruce Krier Angel Golf Spectacular June 10, 2016 at the St. Germain Golf Course. B. Bruce Krier helped found Angel On My Shoulder to provide support to those affected by cancer. Angel On My Shoulder celebrated its 20th anniversary and Mike Hauser, his family, and the team at Northland CPAs are proud to have traveled on the journey – involved and sponsoring this inspirational organization since its inception in its mission of compassion, concern and care.

“Our interest in supporting Angel On My Shoulder goes back to when my dad started the company,” said Ben Hauser, CPA. “Prior to that and throughout our college years, my siblings and I served as camp counselors for the kids camps through our college years, my siblings and I served as camp counselors for the kids camps throughout northern Wisconsin. Bottom line, we have been with them for nearly every year they have been in existence.”

Angel On My Shoulder dedicates its mission to all those living with or affected by cancer and to the memory of all those who fought the fight and have gone before us.

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”—Joshua J. Marine
Kathy’s House

Kathy’s House is proud to support cancer patients and their families. Since 2001, Kathy’s House has helped more than 15,000 patients and families to access medical care in Milwaukee. We keep families together by providing affordable lodging and caring support. Research has found that patients who have family nearby have better outcomes.

On a given day, 25-35 people enjoy the comfort and safety of Kathy’s House. It is a place where guests can eat, sleep, and be with others when they want – or be alone when they need time, introspection and quiet healing. Kathy’s House offers comfortable secure lodging in a residential neighborhood one mile from Froedtert Hospital, The Medical College of WI and Children’s Hospital of WI. We have 18 private guest suites, a common living room, a fully equipped kitchen and free laundry facilities. Complementary transportation is provided to all Milwaukee area hospitals. Guests include patients who are receiving outpatient treatment at a local hospital and caregiving family members who have a loved one in the hospital. Over 80% of families staying at Kathy’s House are facing a cancer diagnosis.

Patients and their families benefit from the individual attention and support provided by the staff and volunteers and also derive support from one another as they go through bone marrow transplants, chemotherapy, stroke recovery and other medical challenges. Support networks are important to overall emotional and physical health.

American Cancer Society Hope Lodges Offer Lodging, Hope to Cancer Patients

The American Cancer Society Hope Lodge in Marshfield, WI serves as a home away from home, free of charge, for adult cancer patients and their caregiver. Hope Lodge, a non-medical facility, offers a sense of community and comfort to cancer patients who must travel to Marshfield to receive lifesaving cancer treatment, typically not available in their home community.

During the often long and emotional process of treatment, cancer patients receive support at Hope Lodge from professionals, families, friends, and other cancer patients to help build the hope needed during their cancer journey.

At Hope Lodge, our guests are provided with many of the amenities of home. We feature twenty-two large, private suites to comfortably accommodate two people. The rooms are inclusive of one or two beds, a private restroom, television, VCR/DVD player, telephone, and high speed wireless internet access.

Bed linens and towels are provided; guests are responsible for bringing toiletries, and laundering throughout their stay. On-site laundry facilities are available at no charge.

Comfortable community surroundings to interact with other guests include four fully equipped kitchens and dining room, a living room with fireplace, library, scenic grounds, sitting rooms, and a computer area with internet access to keep in touch with family and friends.

Hope Lodge does not provide food, but you may be pleased to find that volunteers often make meals for our guests. You will have private space available within the kitchens, and may either bring your groceries with you, or you can do your shopping once you get to Marshfield.

We trust that you will find Hope Lodge to be a home away from home throughout your journey. Patients must have a cancer diagnosis and be referred by their physician. For more information call 715-486-9100 or 800-227-2345 or visit cancer.org.

Marshfield Clinic

Don’t just live. Shine.

Marshfield Clinic has been a generous financial sponsor for our Camp Angel weekend camps. In addition to financial support, Marshfield Clinic also supplies medical volunteers and counseling staff for Camp Angel. We truly appreciate their support of this awesome program.

Marshfield Clinic is the largest private group medical practice in Wisconsin and one of the largest in the United States, with more than 700 physicians representing over 80 different medical specialties, more than 6,000 additional employees, and over 50 locations in northern, central and western Wisconsin.

www.marshfieldclinic.org
Throughout the year, we receive many kind and encouraging messages in the mail, both snail mail and email. They truly speak to the purpose and heart of Angel On My Shoulder.

Here is a sampling of just a few received:

In part …

“Thank you for all the experiences that my granddaughters and I have had through the kindness and generosity of Angel On My Shoulder. I am a breast cancer survivor and went to your Healing Angels retreat. I felt very special and pampered at this retreat. One of my granddaughters has attended Camp Angel twice and had a great time at both summer and winter camp. My other granddaughter totally enjoyed her time at Angel Adventures Extreme-getting to experience things she would never have gotten to do. Everything at both Camp Angel and Angel Adventures Extreme is so planned and well-supervised. The son of a friend (also a cancer survivor) of mine also attended Camp Angel twice. I am spreading the word about this organization to all I know”. Thanks, Kelly

Granddaughter, Jordyn, added a very special message of her own (in her handwriting):

“It’s me, Jordyn. I’ve gone to your winter and summer Camps. It’s amazing. I really loved tubing on the jet skis and the Pirate Ship. I wish I could come back again and can’t wait until I’m 13. I come to camp because my grandma had breast cancer. I’m very close to my grandma. I live with her. I’m looking forward to coming to camp again”. From Jordyn

Messages from Social Workers regarding support for their patients:

“I feel so blessed to have been connected with your incredible and unique organization. I am so grateful for the support you provide to our patients. Thank you again for all that you and Angel On My Shoulder do. Your incredible work and compassion do not go unnoticed”. Take Care, Beth

Thank you SO very much! Your support truly brings joy and something wonderful for our patients to focus on and look forward to! THANK YOU, THANK YOU, THANK YOU for EVERYTHING you and Angel do”! Gratefully, Marcy

Comments included with wonderful “give back” Memorials received:

“In honor of my “Little Sister”, Cheryl. She was an extraordinary person and GREATLY loved and missed. Your organization gave her and Troy support through the years and I would like to help HER provide the same for somebody else who is still fighting cancer.” God Bless, Deborah

“This memorial is because of your special kindness to Cheryl and Troy. Cheryl was a very special lady with lots of smiles and always stayed positive. I believe your kindness and attention to give Cheryl and Troy something special was heartfelt and caring. I hope this helps a little for another person in need of special attention”. Brad and Janine

“Thank you so much for your support when Dennis was sick. Angel is a very special program. In return for your love and support here is a donation (in loving memory of Dennis) so other people with cancer can get your loving help”. Family of Dennis

“Thank you so much for an AMAZING weekend! We all had such a wonderful time as a family and getting to escape the real world for a weekend away!

“We loved everything about camp (Winter Camp Hozhoni), thank you so much for having us!!” Heather Adler

Dear Kathy, I would like to thank you so much for having us over for the Winter Camp Hozhoni at Three Lakes, WI. It was such a marvelous weekend when we got to connect and have a memorable time together as a family. You have provided a kind of camp that gives opportunity to the kids who are not so independent to attend and enjoy what camp can give them. The family get to have a real time that is spared just for themselves and their souls, not to be worried about the business of the world. We Thank you so much for sacrificing your valuable time, managing all activities, hospitality and food for all of us who attended the camp. You and the team of staff and volunteers are a blessing to all of us. We truly appreciated you and everyone Thanks again! Ton and family.

Love it!! Such an awesome experience for the whole family in difficult times, I love that you can meet other families going through similar situations. Herandy
Thank you for the vision and insight you had 21 years ago to develop this program. Thank you for touching the lives of all the children and families that have been blessed to have the opportunity to participate in this program. The vision, the dedication and the love you have to touch others is more than mere words can say.

Our daughter returned home on Cloud 9 from Camp Angel. This was a dream of hers and to us a reward for all of her hard work, love and support for her Mom during the recent battle with Breast Cancer. We know that Angel On My Shoulder will be part of our lives forever, and hope one day to be able to offer assistance to help out. We know our daughter, Jadyn will return to the program for each level and hopes one day to be a counselor when she is older. You have inspired and changed our lives. Thank you and God Bless you all! Greg

Thank you so very much, Angel On My Shoulder! Our first weekend at Camp Hozhoni & it was so great!! The kids and I came home with wonderful memories, new friends and the hope & excitement for next year!! We greatly appreciate you and all that you created for cancer families! Thank you!! Sarah

This is such an awesome organization! My daughter just came home from “the best weekend ever!” Thank you for being the “angel on her shoulder!” She cannot stop talking about all the fun adventures, new friends and lifelong connections I know she will remember forever. This experience has given her a whole new perspective and understanding ... from the depths of my heart ... THANK YOU! Tanya, Camp Teen

There are no happy endings. Endings are the saddest part, 20

And more mail …

Express Your Feelings
People have found that when they express strong feelings like anger or sadness, they’re more able to let go of them. Some sort out their feelings by talking to friends or family, other cancer survivors, a support group, or a counselor. But even if you prefer not to discuss your cancer with others, you can still sort out your feelings by thinking about them or writing them down.

Look for the Positive
Sometimes this means looking for the good even in a bad time or trying to be hopeful instead of thinking the worst. Try to use your energy to focus on wellness and what you can do now to stay as healthy as possible.

Don’t Blame Yourself for Your Cancer
Some people believe that they got cancer because of something they did or did not do. Remember, cancer can happen to anyone.

Don’t Try to Be Upbeat If You’re Not
Many people say they want to have the freedom to give in to their feelings sometimes. As one woman said, “When it gets really bad, I just tell my family I’m having a bad cancer day and go upstairs and crawl into bed.”

You Choose When to Talk about Your Cancer
It can be hard for people to know how to talk to you about your cancer. Often loved ones mean well, but they don’t know what to say or how to act. You can make them feel more at ease by asking them what they think or how they feel.

Find Ways to Help Yourself Relax
Whatever activity helps you unwind, you should take some time to do it. Meditation, guided imagery and relaxation exercises are just a few ways that have been shown to help others, these may help you relax when you feel worried.

Be as Active as You Can
Getting out of the house and doing something can help you focus on other things besides cancer and the worries it brings. Exercise or gentle yoga and stretching can help too.

Look for Things You Enjoy
You may like hobbies such as woodworking, photography, reading, or crafts. Or find creative outlets such as art, music, or dance.

Look at What You Can Control
Some people say that putting their lives in order helps. Being involved in your health care, keeping your appointments, and making changes in your lifestyle are among the things you can control. Even setting a daily schedule can give you a sense of control. And while no one can control every thought, some say that they try not to dwell on the fearful ones.

“...I have good days and bad days. But I try to let there be more good ones than bad, and focus on things in my life that I can control. I try to enjoy family, friends, and the little things in life.”

Louise
From the National Cancer Institute website, www.cancer.gov

There are no happy endings. Endings are the saddest part, So just give me a happy middle. And a very happy start. – Shel Silverstein
Angel On My Shoulder was pleased to present information about our mission and programs at Marshfield Clinic Minocqua Center’s Women’s Day of Caring on April 16, 2016. Ann Baade was our presenter. We also presented information at the November 5, 2016 session at the Weston Center.

This day-long event features great information and resources that include tools for survivorship, nutrition information, community support, breast care supplies and services and so much more for this amazing group of women. A delicious lunch is served and participants - and speakers - are treated to a tasty and healthy meal.

Angel On My Shoulder will be participating in two more Women’s Day of Caring: **February 25, 2017** at Les & Jim’s Lincoln Lanes in Merrill and **April 8, 2017** at the Marshfield Clinic Minocqua Center. We are honored to be invited to share information about our programs.

Don’t worry. Be happy.

**Date With An Angel**

- **February 10-13, 2017** - Angel Adventures Camp
- **February 21, 2017** - Real Benefit; AOMS’s 22nd
- **February 23-25, 2017** - Angel Care Spring Retreat
- **February 24-26, 2017** - Camp Hozhoni Winter
- **Spring 2017** - Uplifting Angels visits
- **June 2-4, 2017** - Healing Angels Retreat
- **Friday, June 9, 2017** - B. Bruce Krier Angel On My Shoulder Golf Spectacular
- **July 7-9, 2017** - Camp Angel Summer Session
- **July 14-17, 2017** - Camp Teen Angel
- **August 4-7, 2017** - Angel Adventures Extreme
- **August 14, 2017** - Be An Angel Day
- **September 8-10, 2017** - Summer Camp Hozhoni
- **September 15-17, 2017** - Healing Angels Retreat
- **Fall 2017** - Uplifting Angels visits
- **October 20-22, 2017** - Healing Angels Retreat
- **November 16-18, 2017** - Angel Care Fall Retreat
- **Saturday, January 6, 2018** - 18th Annual Original Northwoods Polar Plunge @ 1:00 pm

Check our website to confirm dates and other events as they become available. Registration forms for most programs are available online.

[angelonmyshoulder.org](http://angelonmyshoulder.org)
The Fall Healing Angels facilitating team
Kitty Sookochoff, Lisa Lammert, Vicki Potrykus and Karen Siegmeier

Chilton Middle School
The Chilton Middle School donated to Angel On My Shoulder in a very caring and special way, raising $184.00 to help us send kids to camp. Here is what they did that made our hearts smile—“kids helping kids”—now that’s a mission of love! Our Angel Ambassador, Ann Baade, was there to represent us at this very awesome event.

Donation letter ....
“With gratitude for what you do – here is a donation for your organization. We at Chilton Middle School raised money through a “Kiss and Hug” Booth. Students could buy candy for their fellow youth. We went to all odds and ends so kids can go to camp and make new friends. There is something we want to say for what you do, THANK YOU!”
Sincerely, Emilee-Elizabeth, Isabelle, Emily, Heather, Shianne, Lizzie, Mariah, Anna, Tessa, Mrs. Amy Downhaul and Mr. Brad Bowman

Justice for a Cure
Justice for a Cure blessed us with a generous donation of $500.00 in support of our work. We are honored and privileged to be a recipient. In the donation letter from Joan Kamholz, the Founder/President of this outstanding and meaningful non-profit cancer program, she noted that she started Justice for a Cure following her own diagnosis of breast cancer as she was planning her retirement from 30 years in law enforcement. The mission of this program is to get law enforcement family working together in the community to raise funds to support cancer research, support local cancer programs, support the survivors, support the fighters and honor the taken. Joan shared a special “angel connection” story with us. She said that she personally met a young man (his mother was a dear friend of hers who died in 2015 from breast cancer). This young man attended our Camp and when she asked him about his experience, he lit up with excitement and joy.

Joan added that she didn’t need much more than that to know how important Angel’s work is for so many kids. Joan concluded by saying that she and Justice for A Cause know how important funding is for all the work being done by Angel On My Shoulder and the number of individuals Angel is able to help.

She noted that “We are all working together with a common goal. I know our voices are being heard, together WE are making a difference!” Angel On My Shoulder shares those sentiments to the fullest and gratefully salutes the work of Justice for a Cause and all THEY do!
Healing Angels

Healing Angels is a unique, custom-designed retreat for cancer survivors (male and female) who have completed their oncology treatments, procedures and surgeries and are on the path of physical and emotional healing.

Alongside the fears and struggles associated with battling cancer, the joy of surviving exists. It is truly an environment of love, camaraderie, hope, understanding and educational opportunities and a perfect setting to move forward together in positive ways and “Celebrate Life”.

A highlight of this healing weekend is the opportunity for the participants to experience “ultimate pampering” through individual mini spa sessions.

The Wilderness Resort and Conference Center in Wisconsin Dells in conjunction with the Sundara Spa is the home of these tranquil and healing retreats.

Nancy Schuller, a long-time member of our Angel On My Shoulder Board of Directors, coordinates and hosts the Spring Healing Angel retreat. The Healing Angels team includes, Tom Schuller, a long time friend and colleague of Angel On My Shoulder, who offers his expertise and direction as facilitator along with Kris Drath, Healing Angels alumni, and Karen Kelly, another alumni of Healing Angels, whose presentation includes healing tips in inspirational and meaningful ways. Vicki Potrykus, RCY, who offers relaxation and healing through her yoga sessions - “I am Happier and Healthier” - Movement for joyful living rounds out the team.

The fall retreats (we now offer two fall sessions) are both coordinated and hosted by Karen Siegmeier, also a long-time member of our Angel On My Shoulder Board of Directors and cancer survivor.

The team of facilitators and presenters for the fall sessions include Kitty Sookochoff, herself a cancer survivor, who provides educational tips and exercises to lead satisfying and effective lives in the reentry and adjustment to the cancer free environment and Lisa Lammert, RD (Registered Dietician) of Mayo Clinic, who presents information and answers questions on healthy living post cancer. Vicki Potrykus with her Yoga session offerings returns again to join the fall Healing Angels team.

These well-received retreats are on a first-come, first served basis with limited enrollment so early application is encouraged.

“Wonderful retreat! Really helped me to feel I was not alone in my feelings about how cancer has affected me. I met great people and the yoga was amazing”. Thank you very, very much. Gloria

“I would like to thank you all for Healing Angels. It was one of the most profound and heartfelt experiences I have ever had. It was an honor to be part of it. Nancy, Tom, Karen, Vicki and Kris shared with all of us to help immensely in the healing process.” Mirna

“I felt very special, like it was all for us. It’s wonderful to meet so many different people with different stories but with hearts the same. Our leaders, Karen, Kitty and Vicki were great”. Donna

“I arrived here happy but I left very joyous. I would be even more joyous if everyone at the retreat would move closer to where I live”. Connie

“Thank you for an amazing weekend. It truly helped heal my body and soul. I met the most wonderful people who knew exactly what I was feeling. They helped me see things differently and shared books, quotes and jokes but mostly they shared themselves. The retreat was healing and empowering. Thank you for putting a positive spin on a negative thing called cancer.” Linda

“Courage is fear that has said its prayers”.

Karl Barth
Bevy of Angel Supporters – in the Spirit of Giving

Custom Caretaking and Landscaping in Arbor Vitae, WI designated a $7,700 check to Angel On My Shoulder from the proceeds of the 3rd Annual Carrol Lake Ice Fishing Tournament (now that's a “Whopper” amount and then some). We are extremely grateful to be named recipient and deeply appreciate the continued support of our work including being annual recipient of proceeds from Custom Caretaking & Landscaping’s Christmas tree and wreath sales.

Angel On My Shoulder gratefully received a very generous check in the amount of $600.00 from the “Strike Out Breast Cancer” team members of monies raised at their annual tournament. Team member, Judy, noted that next year will mark 10 years of this annual fundraiser. They truly are a wonderful team of Angel bowlers and are to be commended for all they do in support of those living with or affected by cancer.

Angel On My Shoulder received a $1,700 sustaining support grant from the West Bend Community Foundation’s –West Bend Mutual Insurance Company Charitable Fund. AOMS and those we serve deeply appreciate this most generous grant.

A wonderful donation totaling $481.00 was gratefully received from the Wisconsin CRS (Council of Residential Specialists) designated for Angel On My Shoulder’s Camp Hozhoni.

From Trinity Lutheran Church in Glidden, WI

To Whom it may concern: Kyle Schmidt is one of your counselors and he is originally from Glidden. We were made aware of his efforts to start a foundation in memory of his mother to help more kids attend camps. Our church held a door offering in support of Kyle and your wonderful camp. He asked that the money be earmarked for Camp Teen Angel.

May God continue to bless your efforts to help families affected by cancer.

Angel On My Shoulder received a very generous charitable donation of $1,500 from BMO Private Bank/Milwaukee, WI that will greatly benefit and support our programs and services.

“When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.” – Helen Keller
“Angel’s Angel”, LuAnn Newton …

We fondly remember and pay tribute to the memory of LuAnn Newton, a long-time volunteer and very special member of our Angel family. Her kind and generous spirit brought helping to a whole new level. LuAnn’s remarkable and unending commitment to supporting those living with or affected by cancer was above and beyond reproach.

In 1999 LuAnn was diagnosed with breast cancer and embarked on a courageous battle and cancer journey that brought her into remission. She proudly embraced the gift of “Survivorship” for sixteen years.

Through her entire time of celebrating survivorship, LuAnn worked tirelessly as an Angel volunteer to genuinely give back in every way, never saying no and with an unparalleled passion of making things better and brighter for others.

Each year since the inception of the Northwoods Original Polar Plunge, LuAnn diligently prepared for, worked the event as our beloved “bean counter”, and completed the tasks following the event. The annual Polar Plunge t-shirt was a huge part of her wardrobe and her signature attire. She often was seen proudly donning one. You always knew there was an Angel among us with Lu present.

Sadly, cancer found its way back to LuAnn in the form of ovarian cancer in 2015. After another beyond courageous and this time short encounter with cancer, she made her heavenly transition leaving a legacy of love and caring that will continue to touch the hearts and lives of those in need for years to come.

We are extremely privileged and honored to pay tribute to Angel’s Angel, LuAnn Newton. She is deeply missed by so many and will always be a shining star in our midst.

Memorials

Throughout the year, Angel On My Shoulder receives meaningful donations in memory of loved ones who have gone before us or in honor of loved ones today. Each and every one of these special tributes honoring and remembering loved ones is warmly received and greatly appreciated.

IN MEMORY OF THOSE WE HAVE LOVED, IN HONOR OF OUR LOVED ONES TODAY, AND IN HOPE FOR THOSE WE WILL LOVE IN YEARS TO COME!

IN LOVING MEMORY OF:
Dick Rose
Bruce Krier
Lois Rogacki
Robert Becker
Virginia Becker
Kealie Bielke
Helen Burkard
Denise Rheuame-Cepлина
Donna Chaltry
Avin Domnitz
Hy Domnitz
Bob Erickson
Jim Falk Sr.
Paul Fish
Sally Fritz
Carolyn Gesler
Ed Gesler
Paul Gesler
Eva Gottlieb
Lois Grajkowski
James Hagen
Patti Herr
Lorraine Justman
Milton Justman
Jeffrey Kane
Larry Kane
Shirley Kane
Frieda Katz
Fran Fish Kelly
Edward Kieffer
Gladys Kieffer
Matt Lewis
John Mathie
Linda Neumann
Ray Paisley
Ramona Persha
Donald Peterson
Sharon Piske
Hubert Peplinski
Florence Rickun
Mitt Rickun
Claude Rose
Ruth Rose
Mark Rutberg
Caden Safer
Greg Schoefer
Marlene Schmidt
Sandy Schnurner
Kevin Schreiber
Joan Schumacher
Anita Sernoe
Mel Sernoe
Marna Sicula
Mark Sommerfeld
Don Staffeldt
Donna Swank
Dennis Trapp
Robert Urban
Angela EllerWeiss
Cheryl Witter
Tammy, Cousin of Jenny & Ariane Videgar

IN HONOR OF:
Ric Domnitz
Dean Ganz
(Birthday)
Sheila Meyer
Tim Nampel
Deb Serchen
(cancer survivor retirement)

Perhaps they are not stars in the sky but rather openings where our loved ones shine down to let us know they are happy.

“What we once enjoyed and deeply loved, we can never lose. For all that we loved deeply becomes part of us” —Helen Keller
Angel On My Shoulder’s Angel Ambassadors have been beyond busy this year. They have helped us spread the word about our programs and camps to many groups throughout the state.

In April, 2016, Angel On My Shoulder was invited to be an exhibitor for the American Cancer society and Kohl’s: A Cancer Conference for Community Health Workers in Milwaukee, Wisconsin. Angel Ambassadors Ann Baade and Tom Geraty attended and represented us at the event.

Ann Baade was also our ambassador for the Wisconsin Survivorship Forum (Life In Balance) put on by Wisconsin Comprehensive Cancer Control Program through the kind invitation of Marshfield Clinic Cancer Care-Eau Claire.

The Families Forward Health Fair in Milwaukee was another of the worthy events Ann attended.

Angel Ambassador, Ann Baade, attended the Veteran’s Administration Cancer Forum at the VA Hospital in Milwaukee.

Angel On My Shoulder was once again invited to participate in the wonderful Share The Care Conference. Tommy Geraty, Angel Ambassador, attended this annual event which was held at the Wilderness Resort and Conference Center in the Wisconsin Dells. The Conference was hosted this year by the Ho-Chunk Nation and co-Sponsors include the American Cancer Society, Bad River Tribe, Ho-Chunk Nation, Oneida Nation of Wisconsin, Lac Courte Oreilles Tribe, UW Spirit of Eagles, Wisconsin Cancer Council, WI Comprehensive Cancer Program, Wisconsin Native American Tobacco Network, Wisconsin Pink Shawl Initiative and the Wisconsin Well Woman Program.

Ann also attended the James Beck Cancer Center in Rhinelander. This was a “Celebration of Life-Embrace the Song of Life”, this event was sponsored by Ministry James Beck Cancer Center. It was highlighted by a butterfly release. Opening remarks and introductions were made by Judy Walton, MSW, JBCC Patient and Family Counselor. Reflections were made by Kimberly Hetland, the Director of Cancer Services at Ministry James Beck Cancer Center. The guest speaker was Nancy Lillis, a breast cancer survivor and a Ministry Saint Mary’s associate who works at the James Beck Cancer Center.

Tommy also attended the 6th Annual Survivors and Thrivers Ice Cream Social on June 5, 2016, in Madison, Wisconsin, presented by the Turville Bay MRI & Radiation Oncology Center.

Over 100 Participants attended the 2016 Wisconsin Survivorship Forum “Life in the Balance”. This year’s Forum was held at the Florian Gardens in Eau Claire, WI, and was hosted by three major Eau Claire area healthcare systems: Marshfield Clinic, Mayo Clinic Health System and HSHS Sacred Heart Hospital. This was the fifth state-wide Survivorship Forum, a part of the outreach efforts of the WI Comprehensive Cancer Control Program. The Forum was designed to bring health care providers, advocates, survivors and their loved ones to the same event to learn, network and share perspectives about their cancer experiences.

Ice cream and entertainment were enjoyed at the Survivors and Thrivers Ice Cream Social in June.

Manning the registration table for the Families Forward Health Fair in Milwaukee were: L-R: Brenda Heard, Edith Neal, Nona Johnson, Julia Davis and Mother Hattie Walker.

Over 15 health and community care organizations were available to provide a variety of information combined with free health screenings, a blood drive, clinical breast exams, healthy marriage awareness, healthy feet demonstrations, and preventative cancer consultations.

Angels All …
AOMS was the recipient of a very nice donation from SWONS accompanied by this lovely message...

“The Southeastern WI Oncology Nursing Society (SWONS) held a survivor day event in June, 2016 for patients, survivors and their friends, families and caregivers. As an organization of cancer nurses we decided that any proceeds we made from the event would also be used to help other groups or organizations that work with patients and/or caregivers of cancer patients. Your organization was chosen as one of those groups. Thank you for all the work you do for patients and caregivers.”

Angels Among Us…

Ann Baade, Angel Ambassador, represented Angel On My Shoulder at the Wisconsin School Counselor Association 2016 Annual Convention in Madison, Wisconsin. Two special members of our Angel family, Nikki and Evie King (pictured) dropped by to join Ann for a time at our Angel display table.

A remarkable donation of $3,000 was presented to Anita Domnitz for Angel On My Shoulder from members of the Fabulous Fish Family in tribute to and in loving memory of Fran Fish Kelly, Paul Fish and Angela Eller Weiss. The donations were from proceeds of the 16th Annual Fish Family Steak Feed organized to raise monies in the fight against cancer. Pictured left to right: Joe Fish, Corinne Fish, Don Fish, Becky Vertain, Lexi Vertain, Anita, Dick Fish, Barb Fish, Jenny Fish, Mary Fish

A generous supply of neon glow bracelets and necklaces for our camps was donated by Jennifer Eaton of Emily’s Path.

Emily’s Path, Inc. is a charity established in memory of Emily Eaton, the daughter of Dale and Jennifer Eaton, Wausau, Wisconsin. After Emily passed away at age 12, her parents founded Emily’s Path to carry forward her spirit of reaching out to others, spreading happiness, and making the world a better place, one kindness at a time.

http://www.emilyspath.org

St. Matthias Thrift Shop

With heartfelt appreciation, Angel On My Shoulder gratefully acknowledges St. Matthias Thrift Shop in Minocqua, Wisconsin for once again blessing us with a beyond generous charitable donation of $5,000 in support of our work.

“Never get tired of doing little things for others. Sometimes, those little things occupy the biggest part of their hearts.”

Instilling the Real Spirit of Christmas . . .

Dear Angel On My Shoulder, “Each Christmas season my wife and I invite our grandchildren to select an organization to which we donate $100.00 in their name. Our purpose in doing this is to instill in them a deeper understanding of the real spirit of Christmas and to help them recognize the efforts conducted by organizations such as yours to support a very worthwhile cause. This year one of our grandsons, Harrison Beschta, chose Angel On My Shoulder to be the recipient of our donation.

While wishing you continued success in all of your endeavors, we remain”, Jack and Nancy Beschta

“Caring about the happiness of others, we find our own.” – Plato
How Jeopardy! Inspires A Legacy

From The Huffington Post, 12/20/2016
Written by Rabbi Geoffrey A. Mitelman
Founding Director, Sinai and Synapses

2016 has been a rough year. We’ve been bombarded by one depressing and/or alarming news story after another, and so many of us are looking for an escape, or something to celebrate, or a source of community and support, or any way to better our world.

If any of those things are something you’re looking for, then you should watch Cindy Stowell’s run on Jeopardy!

Cindy made her debut against a seven-time champion, and then defeated him. She followed that up by winning the rest of the games that week, and then won yesterday, too. With that victory, as a five-time champion, she would have earned a spot in the Tournament of Champions, the ultimate goal of any Jeopardy! contestant.

(An update as of December 21st: Cindy won again on Tuesday’s show, making her a six-time champion.)

But Cindy died of colon cancer a week before her appearance. Knowing that she might not live to see her shows air, she asked the producers this question:

“Do you have any idea how long it typically takes between an in person interview, and the taping date? I ask because I just found out that I don’t have too much longer to live. The doctor’s best guess is about 6 months. If there is the chance that I’d be able to still tape episodes of Jeopardy! if I were selected, I’d like to do that and donate any winnings to … charities involved in cancer research. If it is unlikely that the turnaround time would be that quick, then I’d like to give up my try out spot to someone else.”

This means that as of today, $80,002 has gone to charity to support cancer research. And as a former contestant, I am simply in awe of her. (An updated total after Tuesday’s show is now $103,803.)

I was lucky enough to be a contestant on Jeopardy! in March, and it’s both exhilarating and exhausting. You’ve been spending weeks studying, you’ve got adrenaline going, and since Jeopardy! tapes five shows per day, you’re up at the crack of dawn to get to the studio at 8 a.m. If you win all your games on that tape day, then you’re there for at least eight hours, and if you win Friday’s game, you do the whole thing again the next day.

How Cindy managed to keep as poised, as strong, and as sharp as she was is simply incredible to me. As if that wasn’t enough, her boyfriend even added another incredible element: she “was fighting a high-grade fever (which turned out to be a blood infection) and was on painkillers while taping.”


It’s unreal. It’s amazing. It’s heartbreaking. And yet even after her death, her legacy continues to inspire both her opponents and her fans.

You might think that when you’re on the show competing against your opponents, you want to crush them. And you know what? When you’re on the show, you do want to crush them. You should want to crush them. Everyone on the show wants to win and defeat their opponents.

But after the cameras are off, opponents become friends. After all, everyone there is fulfilling a life-long dream and everyone is a tremendous trivia nerd. There’s a level of camaraderie, and great respect for a well-played game.

It’s very bittersweet to watch Cindy Stowell, a science content developer from Austin, Texas, fulfill her lifelong dream. And so as I watch her incredible run of victories, all I can think of is this poem by Hannah Senesh:

“There are stars whose radiance is visible on Earth though they have long been extinct.

There are people whose brilliance continues to light the world even though they are no longer among the living.

These lights are particularly bright when the night is dark.

They light the way for humankind.”

It has been a dark year for many of us. We are all looking for light, for hope, and for inspiration. And so may Cindy’s brilliance – in all senses of the word – continue to inspire us all.

I’m still wearing the smile you gave me...
Amber became aware of Amber Pfloghoef and her cancer journey through a very caring Social Worker who was seeking extra emotional help for this young lady who turned 17 in November. Amber is navigating through her cancer journey with courage, strength and a beyond positive attitude. She truly inspires us and touches our hearts.

She is entering her 7th year on the path to survivorship of a devastating type of cancer, Osteosarcoma. It is an aggressive form of bone cancer that manifested in Amber’s right lower leg/knee area and lungs.

In Amber’s own words ...

“I introduce to you the S.T.I.R. trial … This is the official trial I’m on and the official information. It’s all big doctor words but it states that for about 6 months my body will be super vulnerable to infection and disease and all that bad stuff. They completely removed my immune system and replaced it with my mother’s (she was my donor, I love her so much).

Because she was only 56% match there’s a ton of complications and stuff like high chance of rejection and what’s called Graft Versus Host Disease. GVHD is basically my body being recognized as foreign to my Mom’s, therefore it will attack things that are healthy because they think they’re foreign. The biggest issue for me is my skin and digestive system. My skin literally burns in the sun and it will break out in a horrible rash if I’m not on a ton of meds and creams.

I’m still at a point where my immune system isn’t strong enough to easily fight a common cold. If I catch a simple cold I could wind up back in the hospital… I’m sick of hospitals which is why I can’t really leave my house because I can’t go near anyone that might be sick.

I still have clinic at least 2 times a week, I’m even still hooked up to continuous fluids which I have to carry around in a backpack. I have to use my cane again which sucks but it’s more because of the about 57 pills I have to take per day.

I have to take these pills (not 57 at once but it feels like it) 3 times a day and I get super shaky and tired and well … different feelings depending on the day.

BUT I am done with chemo and radiation FINALLY after nearly 8 years (I had like a 2 year break) and I’m off the extremely draining experimental chemo trial I was on last. Plus the old trial was meant for terminal patients (which I was) and had no end date … it was just until your body couldn’t handle the strong chemo or it stopped working.

Anyway, I just want you all to understand that I may seem perfectly healthy in my selfies and stuff but I still have a lot to worry about. And I’m very, very careful and my mom is very, very protective. You have to understand that I was told I likely wouldn’t survive through freshman year … after all the stuff I went through the first time.

I’ve never been super open about my health because it’s my private life and also it’s scary especially to people who have no idea what this all means. I’ve lived in this world for 8 years and it will always be a part of me. Just like I always have. I will beat this cancer, I will beat the odds.”

Amber

Mother/Daughter’s “Giving Back” … The Caring Tradition Continues –

We applaud and are grateful for the “Alger Angels”!

A few years back my daughters and I had a garage sale in North Carolina to raise money for your organization. It was a rewarding experience for us … so we continued this tradition. I held a “donation” garage sale in June and we were able to raise $125.00 for your cause. Many people were very generous as cancer has touched their lives personally. I hope this donation can allow a child/children to attend one of your camps. The hero’s are the children affected by cancer. My prayer is that they can enjoy camp and feel a sense of normalcy and comfort and experience fun memories. God Bless all of you “Angels” in making your programs a success for children. I appreciate all that you do.

Fondly, Linda Alger (Sydney, Lauren & Tori)
Mike Wolf, acclaimed radio personality of WRJO Radio in Eagle River, and his remarkable “Polar Plunge Team” presented the 17th Annual Original Northwoods Polar Bear Plunge at Bonnie’s Lakeside in Three Lakes, Wisconsin.

We gratefully acknowledge Bonnie and Ed Ruediger for hosting this fun, festive and frosty fundraiser for the third consecutive year.

We are proud to announce that $43,733.45 was raised by the Seventeenth Annual Original Polar Bear Plunge. WOW and then some!

Over the seventeen years of this event, $466,715.45 has been raised to benefit the cancer-affected community along with 1,754 plungers. Congrats to all!!!!

We salute the founders and organizers of the Northwood’s Original Polar Bear Plunge — Mike Wolf and George and Lois Ruediger for creating this phenomenal fundraiser. And it all began over a northwoods fish fry. Their tremendous support of our Angel On My Shoulder camp programs (as well as all of our cancer support programs) designed to benefit children affected by cancer through loved ones or who have experienced the loss of a loved one through cancer is remarkable. Mike admits it’s cold but adds … “It takes less than one minute to take the Plunge but it provides a weekend full of fun for the kids at Camp Angel”!

**Sleepless in Eagle River …**

Mike Wolf and Amy Lemke (Co-Hosts of the annual WRJO on-air 30-hour Pledge-A-Thon) did Angel proud AS ALWAYS with their non-sleep or rest pre-fundraiser created to enhance the proceeds of the Plunge. The perfect “jump start” to the Plunge! Joining this dynamic duo during the 30-Hour were angel family volunteers Eric Schoeneck, Dick Lemke, Suzanne Lemke and Teri Mayer, an above and beyond supporter (brining with her $4,500 for the Pledge-A-Thon) from “The Little Farmer” of Fond du Lac. WOW!!! As in previous years, pledging opportunities were also offered at off-site locations for listeners and contributors. The Red Eye Team made special appearances including live remotes at the Eagle River Roasters and at Bonnie’s Lakeside.

Sponsor a Camper” is the traditional theme and mission of the Pledge-A-Thon which again this year brought in many heartfelt pledges to sponsor Angel campers.

**DRUM ROLL please** – a record was set through the “right from the heart” efforts of our phenomenal Angel’s, Mike and Amy and generosity of all the pledgers … $18,100 raised which will sponsor 52 campers, breaking the 2015 record of $16,280 raised with a sponsorship of 48 campers. INCREDIBLE … Angel is truly blessed by this tremendous support. Kudos to all!!!!

Notable donations and then some were received which included $1,500 from the Three Lakes Fire Department and $1,750 from Dewey Catchem and How of Arbor Vitae. All of the pledges sponsor and support children affected by cancer and bring smiles to their faces. A HUGE THANKS TO ALL!

We gratefully salute WRJO Radio of Eagle River for once again making this possible and a resounding success.

A large crowd of spectators cheered on the 83 extremely brave plungers, ranging in ages from 13 to 74. Plumbers and spectators hailed from locations far and near including Wisconsin, Michigan and Georgia. AND two Plunge participants from Austria and Italy.

A group of Channel 12 television (Rhinelander, Wisconsin) notables teamed up to take the plunge and well represented their station. THANKS to everyone at Channel 12 for encouraging and creating awareness of this event through its pre-plunge publicity endeavor.

The winner of the Plunge costume challenge was “Lu Ann’s Angels” team (Courtney Newton, Damian & Cindy Kruse) appropriately donning tutus, angel wings and halos. They were presented with an award plaque recognizing their efforts. A big round of applause for all who wore creatively designed costumes (and there were awesome ones), making this special attraction everything it is meant to be and more.

Hot tubs were graciously provided by Bestway Pools and available to the plungers following their splash into the icy waters. There were raffle items galore generously donated by many generous individuals and businesses. Food, beverages and good old Polar Plunge camaraderie were all part of the “after the plunge” festivities.
Saturday, January 7, 2017

Our Veteran and Ultimate Plunger, Moses Huizinga, led off the plunge as he has done since its inception AND he hasn’t missed a single plunge. This year he brought in another astonishing amount of $5,537.00. GULP! A seventeen year total of $38,841. Moses’ continued commitment to making a positive difference to those living with or affected by cancer is beyond reproach.

New plunge team this year … "Lu Ann’s Angels" were there to take on the icy waters and pay tribute to and honor the memory of their loved one, Lu Ann Newton. (Polar Plunge veteran and very special Angel friend and volunteer) who passed away on January 20, 2016, from ovarian cancer after experiencing 16 years of remission from her original battle with breast cancer. Lu Ann was truly an “Angel” trooper and is deeply missed by so many. See related story on page 25 of this newsletter.

Trish Schoeneck led Team Schoeneck into the icy waters to honor and commemorate the love and life of Eric & Trish’s precious Little Angel, Jadelynn Pearl Schoeneck, who passed away from cancer in 2007. The outstanding Schoeneck family plays a major role in the Plunge each year and we are beyond grateful.

We are extremely pleased to acknowledge Plungers/Teams who brought in over $1,000 this Year:

Russ “Moses” Huizinga ...................... $5,537.00
Eagle River Roaster’s “Mocha Minions” ....................... $3,257.85
Mike Lambrecht ................................ $1,730.00
Team Schoeneck ................................ $1,285.00
Skip Slatinsky Construction ............... $1,215.00
Superior Diesel .................. $1,210.00

The special and well-deserved recipients of recognition plaques awarded with deepest appreciation were:

Most Money Raised:
The one and only … Moses Huizinga

Most Money Raised by a Team … Eagle River Roasters “Mocha Minions”

Best Costume: “Lu Ann’s Angels”

Our genuine and heartfelt thanks goes out to each and every one of the volunteers for opening their time, hearts and schedules to make this event the great success it has become. Words cannot adequately express our appreciation.

Also gratefully recognized for their above and beyond Polar Plunge efforts were the Three Lakes Fire Chief, Dave Kirby and Scott Lea, the Three Lakes Police Chief.

Hats off to all the plungers who took on the icy waters of Spirit Lake, the “pledgers” who donated the pledges, the businesses and individuals who donated prizes and the people who purchased raffle tickets on the day of the plunge. Words cannot adequately express our appreciation for your hard work and dedicated efforts.

Kudos to the major sponsors—WRJOOldies 94.5fm along with Bonnie’s Lakeside in Three Lakes; Bestway; Discover Wisconsin; Three Lakes Chamber of Commerce; Three Lakes Fire and Police Departments; Pier of d’Nort Corporation; The Little Farmer/Malone, WI; Business Connection/St. Germain; Shoeders RV & Marina in Rhinelander and Underground Sounds (Matt Kozar of Evansville).

Special recognition to sponsor Pier of d’Nort Corporation for providing the access ramp and elevated platform on the ice to ensure the safety of those taking the plunge as they do each year.

We acknowledge the media … Channel 12/WJFW of Rhinelander, Lakeland Times, The River News and the Vilas County News Review. Thanks to each and everyone for their continued and incredible support.

The amazing SAFETY SUPPORT GROUP was out in force to keep everyone safe. We applaud the Town of Three Lakes and the Three Lakes Fire and Police Departments for providing security at the plunging site and assisting the plungers safely in and out of the water. A very grateful shout out to Angel family member, Dick Lemke, for helping with this effort to ensure the safety of the plungers...

You can revisit the 17th Annual Polar Plunge by checking out the websites of www.angelonmyshoulder.org or www.wrjo.com.

Please mark your calendars and chill out with us at the 18th Annual Original Polar Bear Plunge on January 6, 2018. Hope to see you there!

If you are interested in being a “plunger”, volunteer, spectator, donator or sponsor, please contact us by using the information listed at the end of this newsletter. We “warmly” welcome those who would like to form a team In Honor of someone living with or affected by cancer or In Memory of a Loved One. What a meaningful and special way to make a positive difference.

“How beautiful a day can be when kindness touches it.” – George Elliston
Angel On My Shoulder

P.O. Box 747
St. Germain, WI 54558

Mission Statement

As Angels it is our objective and purpose:

• to further the well being of those affected by the cancer crisis through the empowerment of individuals, enhancement of quality of life and perpetuation of a vision of limitless possibilities.

• to assist individuals, families and caregivers who demonstrate a need for support.

• to grant requests of those living with cancer in their lives in an effort to prove the disease is powerless over living a life of rich quality and endless possibility; and

• to further awareness of the plight of those affected by cancer through advocacy and networking with other cancer service organizations.

Board of Directors

Angel On My Shoulder’s Board of Directors is comprised of committed and caring individuals who serve on a voluntary basis. These angels are genuinely devoted to improving the quality of life of those living with or affected by cancer. Their dedicated efforts are acknowledged with deepest appreciation.

Molly Ahlborn
Chris Becker
Anita Domnitz
Bruce Krier
Kathy Mathie

Sharon Murillo
Mark O’Connell
Andrew Phillips
Lois Rogacki
Lisa Rose
Lolly Rose

Mark Rose
Nancy Schuller
Karen Siegmeier
Donna Stone
Pastor Bill Trosien

Angel On My Shoulder Newsletter is published annually to highlight the activities of Angel On My Shoulder and its various programs. If you have articles or photos you would like to contribute for consideration in future newsletters, you can contact us by using the information below.

Lolly Rose
Founder, Executive Director

For more information on any of Angel On My Shoulder’s programs, to become a volunteer, or to make a tax deductible contribution, please contact us at:

Angel On My Shoulder
P.O. Box 747 • St. Germain, WI 54558
800-860-3431 • 715-542-4500 (fax)
www.angelonmyshoulder.org
info@angelonmyshoulder.org

Angel On My Shoulder is a registered 501(c)(3) non-profit organization and donations are tax-deductible.

*Go into the world and do well. But more importantly, go into the world and do good.* — Minor Muyers