

# SWEET Louise Reach Out

MEMBER'S NEWSLETTER - DECEMBER 2016

## Drink wine and do good!

NEED WINE FOR A GET TOGETHER OR FOR YOUR WORK CHRISTMAS DO?

Make an order through Foley Family Wines via [www.slwine.co.nz](http://www.slwine.co.nz) and Sweet Louise will receive a percentage to support our members. There are some great deals in there...and it's very generous of Foley Family Wines....



**DASHWOOD 2015 PINOT NOIR** - 6 bottles  
RRP \$120.00 | Your price \$105.00  
*Price includes GST and delivery*

## Contact us

We love hearing from our friends, Members, supporters and anyone interested in learning more about secondary breast cancer.

**EMAIL:**

- [members@sweetlouise.co.nz](mailto:members@sweetlouise.co.nz) for member related queries
- [fundraising@sweetlouise.co.nz](mailto:fundraising@sweetlouise.co.nz) for donation, event or fundraising queries
- [accounts@sweetlouise.co.nz](mailto:accounts@sweetlouise.co.nz) for any accounting queries
- [info@sweetlouise.co.nz](mailto:info@sweetlouise.co.nz) for anything else.

**TELEPHONE:** 0800 11 22 77

**VISIT US AT:** Sweet Louise, Ground Floor, 23 Union Street, Auckland Central, Auckland 1010

**WRITE TO US:** Sweet Louise, PO Box 137 343, Parnell, Auckland 1151

## Meeting people in the same boat

I FELT ACCEPTING SWEET LOUISE INTO MY LIFE WAS LIKE ACCEPTING 'DEFEAT' – ACKNOWLEDGING THIS SECONDARY CANCER

DIAGNOSIS – DIDN'T THAT MEAN I WAS BEING 'NEGATIVE', SOMETHING THAT'S 'NOT GOOD' IN THE FIGHT AGAINST CANCER?

I don't think I understood what 'secondary' cancer really meant and I was scared. I didn't want to think about some day dying of cancer...

The turnaround was about my need to know more and thinking maybe it would be good meeting people in the same boat and find out how they were handling it.

**I finally told my kids that "someday and we don't know when, it will come back" so let's not worry about it until that time - I plan on being here for a long while.**

I'm not currently on any medication and I sometimes feel like a 'fraud' when I use the vouchers, like I'm not sick, I shouldn't be using these.

To me Sweet Louise has given me another 'person' to talk to about cancer and not feel dramatic about it cause it's just part of who we are. Friends are great but they



are limited in their experience and I don't want to worry them by bringing it up.

*Just as there is in all parts of life, there's great diversity amongst our Members. If you've never attended a meeting or met any other Members, please don't hesitate to call or email us if/when you feel ready.*

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SPRINKLE SOME OF THESE "SUPERFOODS" INTO YOUR DIET THIS HOLIDAY SEASON TO HELP YOU STAY HEALTHY AND NOURISHED.

**YOGURT** – The active culture of bacteria in yogurt can help the immune system and with digestion. It also provides calcium which strengthens bones and may help with maintaining a healthy weight.

**GREEN AND ORANGE FRUITS AND VEGETABLES** – Fruits and veggies like carrots, spinach, sweet potatoes have a powerful antioxidant known as carotenoids, which enhance the immune system and provides vitamin A. Try enjoying carrots in a low-fat, yogurt-based dip to add some calcium into the mix.

**CITRUS FRUITS** – Citrus fruits, like oranges and lemons, have an antioxidant known as bioflavonoids, which can deliver an anti-carcinogenic effect. Use honey in your tea instead of sugar as another way to incorporate bioflavonoids.

**CRUCIFEROUS VEGETABLES** – Brussels sprouts, broccoli, cabbage and cauliflower increase the body's production of important protective enzymes, which can make estrogen less harmful. Add a side dish with any of these veggies to your festive holiday meal.

**LEGUMES** – Dried beans, peas, lentils and other legumes provide you with fiber, folic acid, protein and cancer-fighting phytochemicals. Beans can also be helpful if you are experiencing constipation from treatment.

**BERRIES** – All varieties of berries provide fiber, vitamin C and antioxidants such as anthocyanidin. Add berries to create a colorful fruit salad as a desert option.

**WILD SALMON** – Fish is a great source of protein and heme iron. Wild salmon in particular also provides omega 3 fatty acids.

**FLAX SEEDS** – Adding flax to your diet gives you fiber, omega 3 fats and the antioxidant lignan. Sprinkle flax seeds onto your yogurt, or try some with cereal, oatmeal or homemade granola.

**BRAZIL NUTS** – Fiber and selenium can be found in Brazil nuts, which are also a great source of protein. A dish of mixed nuts is the perfect appetizer before a festive meal, or an ideal treat to nosh on while visiting with friends and family.

**GINGER** – Another antioxidant, ginger may help support healthy digestive function, alleviate nausea and help with inflammation. Add ginger to your tea or bake a batch of ginger snap cookies for your next holiday celebration.

# SERVICE PROVIDERS

## NEW, UPDATES AND CHANGES

### NATIONAL PROVIDER

#### MARAETAI DAY SPA

**Location:** 8 Crossland Pl, Maraetai, Auckland

#### Services Provided:

Skin Care  
Maraetai Day Spa has an online shop, [www.maraetaidayspa.co.nz](http://www.maraetaidayspa.co.nz), where products

may be purchased with your vouchers. Postage free anywhere in New Zealand.  
[www.maraetaidayspa.co.nz/maraetai-day-spa-store.php](http://www.maraetaidayspa.co.nz/maraetai-day-spa-store.php)



### AUCKLAND AND NORTH

#### FUCHSIA HAIR DESIGN

**Location:** 17 Hibiscus Coast Highway, Silverdale

**Services Provided:** Cut blow dries: \$75 - \$95; Colouring: \$90 - \$155; Treatments: \$35 - \$60

**Operating Hours:** Mon – Wed, Fri: 8:30am – 5pm; Thurs: 8:30am – 8pm; Sat: 8:30am – 3pm

**How to Book:** Email [info@fuchsia.co.nz](mailto:info@fuchsia.co.nz) or phone: 09 426 3714

#### Lucy's Larder

**Location:** 2 Puna St, Orakei, Auckland

**Services Provided:** We offer high quality, delicious, fresh and tasty home baking in Auckland. Cakes, muffins, slices, biscuits and Christmas baking all made to order. Available for pick-up, or delivery in the Auckland area. Cakes (10 Flavours) all 22 cm: \$50; Biscuits (afghans, oat and choc chip) and Slices (raspberry & coconut, chocolate biscuit slice, shortbread): per 1 dozen \$35.00; Christmas baking: (mini mince pies, mini pecan tarts, star shortbread, rum balls): \$35 per dozen, Minimum quantity 1 dozen, Cupcakes (vanilla, chocolate, banana or lemon): per 1 dozen \$50.00 Whipped cream \$5.00 Delivery Charge \$20.00 - \$25.00

**Operating Hours:** Monday – Friday: 9am - 5pm

**How to Book:** By email: [lucyslarder@xtra.co.nz](mailto:lucyslarder@xtra.co.nz)

**Text:** 021 259 0465

*Please place orders by email, phone/text at least 48 hours prior to expected delivery*

## Using your vouchers

Sonja lives in Richmond, Nelson and has been happily making use of her vouchers. If you live in the regions and local Service Providers are limited, don't forget we have national providers such as Greenacres, Hire-a-Hubby, Loaf, Kaus, Eat, Breast Care Products, Head High, Freedom Driving, Natural Wear and Driving Miss Daisy.





### OASIS HAIR DESIGN

**Location:** 19 Tollana Road, Te Atatu Peninsula, Te Atatu  
**Services Provided:** Cuts/Styles: \$25; Wash/blow dries: \$30;  
**Colours:** from \$80  
**Operating Hours:** Mon-Thurs: 9am – 8pm; Fri-Sat: 9am – 1pm  
**How to Book:** Mobile: 021 254 0573

### SOUTHERN PODIATRY

**Location:** 12 Bowen Street, Waiuku, Auckland  
**Services Provided:** "We keep you happy and healthy from the feet up." Our podiatrists are registered medical professionals. They are lower limb specialists and provide complete care for your feet. Initial podiatry consultation: \$85, Regular podiatry consultation: \$75, Home visit: \$125  
**Operating Hours:** Mon, Tue and Thurs: 9am – 5pm, Wed: 9am – Late, Friday: Pukekohe 9am – 6pm. Sat: 9am – 12 noon  
**How to Book:** Phone: 09 235 2060

### TOOMAC SOLUTIONS

**Location:** 32C Poland Road, Glenfield, Auckland  
**Services Provided:** Compression Sleeves: \$120 Approximately, Compression Gloves: \$220 Approximately  
**Operating Hours:** Mon – Fri: 8:30am - 5pm  
**How to Book:** Phone: 09 443 5347; 0275 715835  
**Email:** juzo@toomac.co.nz

### WAIKATO

#### BEAUTY@BELLA'S

**Location:** 206 TeTomo Street, Te Awamutu  
**Services Provided:** Facials - \$45, Relaxation Massage (30 minutes) \$35, Massage/Lymph Drainage (1 hour) \$60, Pedicures - \$50, Manicures - \$35, Lash & Brow tint and shape - \$30  
**Operating Hours:** Mon – Fri: 9:30am – 3:00pm; Mon, Wed, Thurs evenings: 6pm - 7pm  
**How to Book:** Phone: 07 870 3545, 0211 375092  
**Facebook:** Beauty@Bella's

### MID-CENTRAL

#### HANA STUDIO: MOVEMENT + WELLNESS

**Location:** 43 Florence Avenue, Palmerston North  
**Services Provided:** Specialising in relaxation massage and Pilates, our philosophy is that movement is for everybody. Private Pilates – Introductory Package: \$195, 5 Session Package: \$370, Single Session: \$75, Hana Aromatherapy Massage: \$75 (1 hour), \$50 (30 minutes). *24 hours notice of cancellation required*  
**Operating Hours:** Monday: 3pm – 8:30pm, Tues – Thurs: 10am – 8:30pm, Friday: 10am – 7:30pm, Sat: 10am - 4pm  
**How to Book:** Phone 06 356 3462; email info@hanastudio.co.nz



## Christmas messages from your Support Co-ordinators

Thank you for welcoming me into your groups this year and letting me share your personal journeys. I wish all my ladies a very merry and festive Xmas filled with love and precious moments and a new year filled with positive happy thoughts to share with friends and family.

**SARAH THOMSON**

I love little traditions that no matter where you are or what's going on help you get that happy, contented feeling. One that is special to our family is having a Christmas book. It lives in the "Christmas kete" and is only bought out to be read once a year, on Christmas Eve. It is about a loving little girl inviting a homeless man to her Christmas pageant. Despite my children knowing every word of it, we all sit around and eagerly listen! It's a little thing, but reading the book has definitely become a tradition that brings joy to us all.

**NICKI ROY**

Only do what is possible and remember to relax, laugh and share love with your family and friends.

**GERALDINE CARSWELL**

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten items.

**LYN LITTLE**

Don't let holiday traditions overwhelm you - modify your traditions to fit your physical and emotional energy.

**TRACY SMITH**

# Merry Christmas





# Members Meetings



HAWKE'S BAY



AUCKLAND

During the past year, Sweet Louise Members from all over New Zealand have gathered around 140 times at Member Meetings. Meetings provide support, information and hopefully some fun too.



PUKEKOHE

## Member Meetings for December 2016/February 2017 (No meetings scheduled for January 2017).

Details of all member meetings are also posted on the Sweet Louise website - [www.sweetlouise.co.nz](http://www.sweetlouise.co.nz)

If you have any questions about Auckland and Northland meetings, please email your Auckland Support Coordinator or email [karrirreading@sweetlouise.co.nz](mailto:karrirreading@sweetlouise.co.nz) to see if transport is available.

Please note times for individual meetings. Morning tea is provided.

### AUCKLAND: West, North Shore, Warkworth & Northland.

Sarah on [sarah.thomson@sweetlouise.co.nz](mailto:sarah.thomson@sweetlouise.co.nz) 027 371 8686 or 0800 11 22 77

📍 **North Shore:** Monday 12 December, 10:30am – 12pm, The Snug Knightsbridge Village, 21 Graham Collins Drive, Mairangi Bay. Christmas Morning Tea, Secret Santa \$10 limit

📍 **Warkworth:** Wednesday 14 December, 12-2pm, The Honey Centre, 7 Perry Road.

📍 **Whangarei:** Tuesday 6 December, 10:30am- 12pm, Daffodil House 73 Kamo Rd, Kensington. Christmas morning tea.

### AUCKLAND: Central, East & South.

Nicky on [nicola.roy@sweetlouise.co.nz](mailto:nicola.roy@sweetlouise.co.nz) 027 328 8008 or 0800 11 22 77

📍 **Pukekohe:** Tuesday 6 December, 10:30am–12pm, Petals n Pots Café, 25 Paerata Rd.

📍 **Central Auckland:** Thursday 8 December 10.30-12pm, The Mercy Centre, 104 The Drive, Epsom. Christmas Morning Tea.

### WAIKATO Meetings.

Please RSVP to Lyn if you plan to attend and let her know if you require help with transport. [lyn.little@sweetlouise.co.nz](mailto:lyn.little@sweetlouise.co.nz) or phone 0800 11 22 77.

📍 **Hamilton:** Friday 24 February 2017, 10:30am–12pm, Lion's Cancer Lodge, corner of Lake Road and Tainui Street. Speaker: Nicola Mayos from Breast Care Products.

📍 **Matamata:** Friday 9 December, 2.00-3.30 pm, Robert Harris Café, 47/49 Broadway, Matamata.

### Mid Central Meetings.

Please RSVP to Geraldine if you can come along on 021 328 838, call our free phone 0800 11 22 77 or email [geraldine.carswell@sweetlouise.co.nz](mailto:geraldine.carswell@sweetlouise.co.nz).

📍 **New Plymouth:** Thursday 1 December, 10:30am–12pm, The Bach Café, Ocean Parade.

📍 **Hawkes Bay:** Tuesday 13 December, 10:30am–12pm, Birdwood Café, 298 Middle Rd, Havelock North, Christmas morning tea.

📍 **P/North:** Thursday 15 December, 10:30am–12pm, Cooperage café, 723 Main St.

### Wellington/Christchurch Meetings.

Please RSVP to Tracy on 021 328 835 or [tracy.smith@sweetlouise.co.nz](mailto:tracy.smith@sweetlouise.co.nz) so we can arrange catering and try to arrange transport for you.

📍 **Kapiti:** Friday 9 December, 10:30am–12pm, One Day Café 340 Rosetta Road, Raumati Beach.

*See you there!*