

Dear Ms. Guthrie,

I am writing to thank you for the cancer rehab program provided at Mission Hope. I have been participating in the program John Malinowski provides and it has helped me immensely. During my radiation and chemotherapy treatments, John and my doctors encouraged me to exercise, but I didn't. I came home from my daily treatments and went to bed. Prior to my cancer diagnosis, I had been moderately active but once I finally began my program with John I was amazed at the strength and stamina I had lost. If not for this program, I wouldn't have worked hard enough on my own to improve my fitness.

Also, when I had my initial Physical Therapy evaluation by Karen Lewis and told her about my osteopenia, she invited me to her falls prevention class, which I have done twice a week. Through these two modes of exercise I have greatly increased my strength, stamina and flexibility. Also, the kind and encouraging expertise of John and Karen, and camaraderie offered through these activities, have gone a long way towards helping me gain confidence and improve my state of mind. People are amazed when I tell them about these services. They are activities that I really look forward to and get me out of the house and interacting with others. They are both very valuable.

Thank you so much for providing them!

Sincerely,
A grateful Mission Hope patient