



## Thanks, Penny !!!

Penny Jarecki is hanging up her Cheerful Heart Volunteer name tag after 20 years of volunteering and supporting Cheerful Heart. At 88 she is turning over the job to the younger crew of volunteers.



**Penny Jarecki**

Penny is a force of nature. She is dedicated to her community and is driven by her passion to be personally responsible for making a difference. When she believes in the mission of a project or organization she works hard to help it succeed.

I have known Penny for 30 years as a neighbor, as a volunteer for the Relay for Life and Cheerful Heart, then

as a fellow cancer survivor. Penny has deep roots in Lake County and has made a difference for many organizations but here the focus will be on her years of work fighting cancer.

Penny’s role model was her mother. She grew up in Big Sandy, Montana, at the end of a 20 mile bad road. As she tells it, Big Sandy residents were raising money to build a medical clinic. “Mother trotted around and got donations in her coral station wagon,” she remembers. “One

neighbor was opposed to giving money, but not his wife.” Her mother said she would be the first to go see him when he ends up needing local medical services. “Volunteering seems like part of being a citizen,” says Penny, “it’s just what responsible people do...get behind things to make them better.”

Penny was teaching junior high school in Los Angeles in the 1960s when she answered the call from the American Cancer Society (ACS) to collect donations from her neighbors. Her passion for helping raise funds to fight cancer continued for the next 10 years in California. She moved back to Montana and married. She says she barely unpacked her toothbrush when the chairwoman of the ACS unit in Lake County called. Penny became president of the local ACS unit before moving on to serve on the Montana State Unit. Then came the ACS Relay for Life. Her relay team, “The Rocky Point Rockettes,” often raised the most donations, thanks to Penny. Cheerful Heart originated in 2002 and Penny came on board as a financial supporter and volunteer. She drove patients to appointments and has worked at the Polson Oncology Clinic until her “retirement.”

When she was diagnosed with cancer in 2010 she says, “I was thankful I’d done a little to support ACS cancer research.” Do you think !!! Yes, Ms. Penny you’ve done your part and we THANK YOU !!!

## Cancer Support Group Changes Location

Cheerful Heart’s Cancer Support Group will not meet on Wednesday, Dec. 25, but will continue meeting from 12 to 1 p.m. on the 2nd and 4th Wednesdays of each month in 2025. The group will reconvene on January 8. Matthew Connolly, pastor of the Church of the Nazarene, leads the group and has moved gatherings to his church located at 42653 Old US Hwy 93 in Pablo. Matthew moved the group meetings to allow more flexibility with his schedule.

The group welcomes those recently diagnosed, those undergoing treatment, cancer survivors, and/or family members. The group aims to provide a safe place for



**Matthew Connolly**

members to share, learn, support, and encourage members after a cancer diagnosis; and, to conquer the fear in themselves and others. Confidentiality is practiced, anything spoken in group stays with the group.

Gatherings are informal allowing folks to drop-in when schedules and life permits. Folks can bring a brown bag lunch.

## Cheerful Heart needs volunteers

Volunteers are the heart in Cheerful Heart — and more are needed. As a service to cancer patients in Lake County who are currently in treatment, Cheerful Heart volunteers are the life blood of the local non-profit organization.

Volunteers transport to treatment and medical appointments, serve soup at the Oncology Clinic in Polson on Tuesdays, prepare meals, run errands, walk dogs and other requested tasks. Cheerful Heart provides non-medical services at no charge to cancer patients. Those interested in volunteering for Cheerful Heart can call Barbara 406-883-3070 and leave a message.

# Reiki energy healing now offered by Cheerful Touch

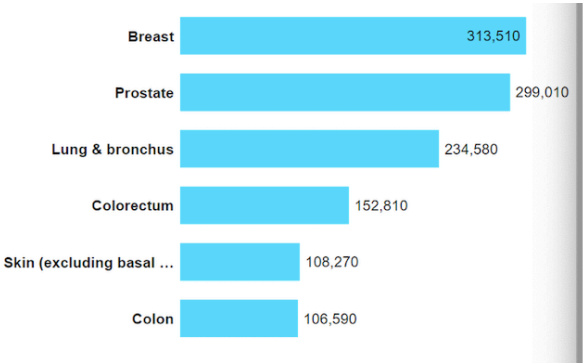
Cheerful Touch is a personal care program offered by Cheerful Heart to cancer patients currently in treatment. Care offerings now include Reiki, a therapy relating to energy healing, offered by Sharon McGuire a local practitioner. The personal care program also includes massage and skin, nail and hair care.

Reiki is a technique that uses energy force to reduce stress and anxiety and encourage relaxation. The method uses gentle touch and placement for healing and tries to

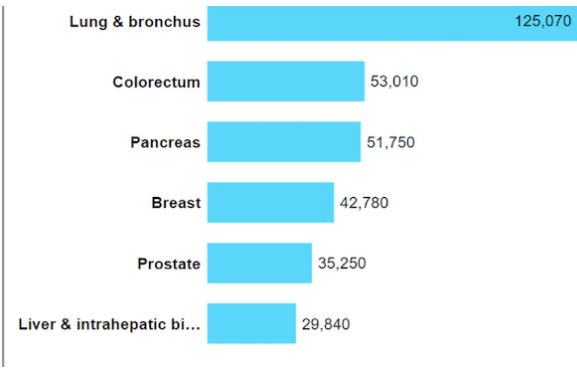
improve balance in the body. It does not treat conditions on its own but can be used to support traditional treatment.

Cancer patients in Lake County are eligible for non-medical services provided by Cheerful Heart at no cost to the patient. Call Cheerful Heart with questions or to schedule an appointment at 406-883-3070. Patients should consult with their doctors before using the personal care services.

Estimated  
New  
Cancer  
Cases  
2024



Cancer  
Deaths by  
Cancer  
Type  
2024



American Cancer Society <https://cancerstatisticscenter.cancer.org/>

## 2024 Donors allow Cheerful Heart to serve cancer patients

Country Store  
Jeanne Doepke  
Terry Dryvestein  
Tamara Avison  
Karen Amundson  
Teri Warford  
Marvin Kaschke  
Lake County Funeral Home  
Harvey and Sharon Kenitzer  
Dean and Bonnie Allred  
Don Aadsen Ford  
JoAnn Thibodeau  
Good Shepherd Lutheran Church Trust  
David Vail

Garrett Fisher  
Iris Corey  
Good Shepherd Lutheran Church Women  
Bob and Sharon Fulton  
Dayton Ladies Aid  
Valerie Lindstrom  
Barbara Morin  
Carol Werner  
Mission Valley Printing  
Kim & Kim Koenig  
Mission Valley United Methodist Church Women's Fund  
Lowell and Jane Mansfield  
Elizabeth Preston Family Trust  
John and Mary Howard

Cheerful Heart, Inc. offers free non-medical services to Lake County cancer patients currently in treatment by using dedicated volunteers. Cheerful Heart is funded by donations from individuals, organizations and businesses. All funds are used in Lake County. We need your support, both monetarily and as a volunteer. To help us, clip and mail the form below to Cheerful Heart.

### Cheerful Heart Support

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Mailing address \_\_\_\_\_

Email \_\_\_\_\_

Receive an electronic newsletter by sending your email address to [valindy47@gmail.com](mailto:valindy47@gmail.com)

Donation amount \_\_\_\_\_

I would like to be a Cheerful Heart volunteer. Please mark volunteer services that interest you.

Transporting\_\_\_ Serving Soup at clinic on Tuesdays\_\_\_ Meal preparation\_\_\_ Running errands\_\_\_

Light house and yard work\_\_\_ Other\_\_\_\_\_

Remove me from the mailing list\_\_\_\_\_

Cheerful Heart, P.O. Box 688, Polson, MT 59860 ~ 406-883-3070 ~ [cheartinc@gmail.com](mailto:cheartinc@gmail.com) ~ [www.cheerfulheart.org](http://www.cheerfulheart.org)