

Helen Lewandoski

Joined 2000

Helen was born on September 11, 1946 and graduated from the Brandon Mental Hospital as a Registered Psychiatric Nurse in 1966. She married Les on July 8, 1972 and they have two daughters, Tanya and Natasha. Helen's hobbies include: gardening, cross-stitching and volunteer work related to cultural heritage activities.

Following a mammogram, Helen was diagnosed with breast cancer and had a modified radical mastectomy in March 1998. Presently, Helen is on tamoxifen and experienced hot flushes and weight gain immediately. She had several benign biopsies prior and was being monitored since the birth of her first daughter in 1975. A very positive result of having breast cancer was the joining of the Waves of Hope dragon boat team. The physical and emotional benefits have been wonderful in Helen's eyes.