

THE NAVIGATOR

APRIL 2024



PATIENT NEWSLETTER



L to R: Victoria Weatherald, Caitlin Chan, Karen Dobbin, Physiotherapist, Marissa Kaegi, Jainoor Gill

Recovering through physiotherapy: Cancer Rehabilitation Program

Many people experience pain, mobility issues, poor function, and fatigue during and after cancer treatment. To help with recovery and improve the quality of life for individuals facing these challenges, we will be offering the Physiotherapy Cancer Rehabilitation program. This program is provided through a partnership between CancerCare Manitoba (CCMB) and the University of Manitoba's College of Rehabilitation Sciences.

"Physiotherapy can assist people living with cancer to recover their best possible function," said Karen Dobbin, a licensed physiotherapist. From April to June, Karen will supervise four physiotherapy students to provide these services for cancer patients.

Physiotherapy Program, April – June, 2024:

- If you are experiencing pain, muscle weakness, fatigue, joint stiffness, mobility or balance problems, or numbness and tingling during or after cancer treatments, you are eligible for this program.
- Physiotherapy can help prevent, treat, and manage these side effects.
- Individual assessments, treatments, and exercise instruction are offered to help with your recovery.

For more information and to be added to the referral list, contact:

Patient and Family Support Services
Phone: 204-787-2109 or toll-free 1-866-561-1026.
You can also ask for a referral from your CCMB healthcare provider.

This program is made possible through the generous funding support of the CancerCare Manitoba Foundation.

Physiotherapy: an important part of your cancer recovery!

Would you like to receive the Navigator Newsletter by mail?

Call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercare.mb.ca.

Where to Find us:

CancerCare Manitoba (CCMB) Sites
1-866-561-1026

CCMB MacCharles
675 McDermot Ave.
(beside Health Sciences Centre)
204-787-2197

St. Boniface Hospital
O Block - 409 Taché Ave.
204-237-2033

Grace Hospital
400 Booth Drive
204-837-0246

Victoria General Hospital (Buhler Cancer Centre)
2340 Pembina Highway
204-477-3328

CCMB Patient Representative
204-787-2065

Patient and Family Support Services
204-787-2109

CancerCare Manitoba and Lung Cancer Canada present:

An evening of information and support for patients and families

Thursday, April 25, 2024 | 6 - 9 p.m.

Contact info@lungcancer canada.ca or call 1-888-445-4403 for more information.



APRIL 2024

CancerCare Manitoba offers the following education and support programs at no cost for cancer patients and families. Call the number listed for more information, or call CancerCare Manitoba toll-free at 1-866-561-1026.

CANCERCARE MANITOBA PATIENT AND FAMILY SUPPORT SERVICES

Adolescent and Young Adult Cancer (AYA) Program: A team of professionals is available to help address the unique needs of AYA patients. Ask your CancerCare oncologist/nurse for a referral or contact:

AYAProgram@cancercare.mb.ca.

Breast & Gyne Cancer Centre of Hope: The Breast & Gyne Cancer Centre of Hope nurses will provide information, education and support to help you understand breast and gynecological cancer. Information on the breast nipple and areola tattooing and Manitoba Breast Prosthesis programs are available. Call Ally at 204-787-2970.

Counselling Services for Patients and Families (Psychosocial Oncology Program) Professional counsellors at CancerCare Manitoba are available to speak with you and your family. Call 204-787-2109.

Guardian Angel Caring Room: You can borrow wigs, scarves, and headwear at no cost. Call Ally at 204-787-4180.

Nutrition Services: Clinical Dietitians can help with nutrition before, during and after treatment. Call 204-787-2109, or ask a member of your healthcare team to arrange an appointment for you.

Patient & Family Resource Centre: The Centre is a quiet place to relax, find information, and borrow books. Call Kathleen at 204-787-4357. Visit our past education/support videos: <https://www.cancercare.mb.ca/Patient-Family/support-services/resource-centre>.

SUPPORT GROUPS

Breast Cancer Support Group: For women who have completed treatment for primary breast cancer in the past two years. Call Cheryl at 204-787-4645.

Caregiver Support Group: Are you helping a loved one with cancer and looking for support? Call Carissa at 204-787-8039.

Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call Kim at 204-258-1073.

Expressive Art Group: Combines counselling and creative expression through art. Call Miriam at 204-787-2062.

Expressive Art Grad Group: For past participants of Expressive Art. Call Miriam at 204-787-2062.

Hope and Resilience CBTm Program: For cancer patients and support people to learn new skills to manage anxiety and depression. Call 204-787-4119.

Lung Cancer Support Group for patients and families: Call Christine at 204-477-3215.



Mindfulness Practice: Mindfulness Meditation to help patients and support people to live in the present and manage stress more healthily. Call 204-787-2109.

Online Support Program for Patients/Caregivers of Children with Cancer: Call Miriam at 204-787-2062.

Re-Membering Bereavement Support Group: Support group for people who have lost someone they love to cancer: Call 204-787-4119.

Support Group for Women Living with Metastatic Breast Cancer: Call Cheryl at 204-787-4645.

Young Adult Cancer Support (YACS): For young adult patients between 18 and 39. Call Ian at 204-787-2191.

EDUCATION SESSIONS

Breast Reconstruction Information Session: For information and registration, call 204-787-2970.

Cancer Education and Support Anti-Hormone Therapy Group Information Session - for breast cancer patients. Call 204-787-2970.

Moving Forward After Breast or Gyne Cancer: A group session for patients who have finished treatment and their supports. Call 204-787-2970.

Preparing for Gyne Surgery Information Session: Call 204-787-2970.

Quit Smoking Program: A personalized program to help quit smoking. Call 204-787-1202 or 1-888-775-9899.

EXERCISE/WELLNESS

Moving Forward After Cancer Wellness Program: For cancer patients who have completed treatment in the last two years. Call 204-787-2109.

Yoga and Cancer Program: Designed for cancer patients who are currently undergoing treatment or who have completed treatment within the past year. Call 204-787-2109.

OTHER SUPPORTS

Community and National Support Groups: for more information call 204-787-4357 or 1-866-561-1026.

Breast Health Centre: A range of education videos on breast cancer, breast health surgery, and wellness programs. Call 204-235-3906. Toll-free 1-888-501-5219 or visit <https://sharedhealthmb.ca/services/breast-health-centre/education-sessions/>

Look Good Feel Better: Two-hour workshops teach skincare and make-up tips and how to wear wigs and head coverings. To register for a workshop, visit: lgfb.ca



GET TO KNOW...

My name is Christine Perry. I am a counsellor from the Department of Patient and Family Support Services and joined CancerCare in June 2020.

The cancer journey often brings unexpected emotional and practical challenges into the lives of patients and their loved ones.

In my job, I enjoy creating a welcoming space that allows people to share their ups and downs, and I help them explore ways to cope with these unexpected challenges by tapping into their strengths.

Outside of work, I am a proud mom of a 28-year-old son and a 16-year-old fur baby. I also enjoy exploring Manitoba's great outdoors.

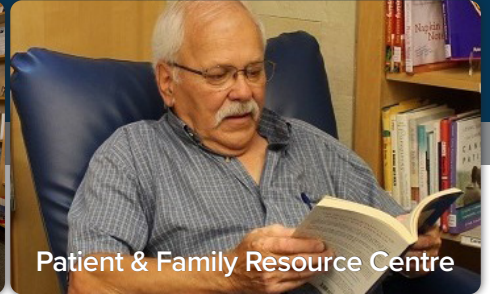
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

The Patient Voice - Michelle Bradley-Bahuaud



My cancer diagnosis – what a blessing! Does this sound completely contradictory? At the time, it was super scary. Turns out, cancer was exactly what I had to go through to heal myself.

I was forced by cancer to prioritize my own healing instead of continuing to spread myself thin by pouring my attention into what I thought was helping others. I discovered that by releasing my shame, blame, self-doubt and criticism from my thoughts I would heal the mess I inadvertently had created inside and around me.

Pro-tips: Use the MyCare App. Accept help with gratitude. Make a binder to keep all of your CancerCare Manitoba stuff together and organized. Ask for a colouring book and pencil crayons from the staff who bring you to your chemo chair. Say yes to the juice and cookies. Ask staff their names and get to know them. Celebrate each milestone in your treatment progression. Be in nature. Learn to meditate and breathe. Change your beliefs, and find the NOW moment to change your life. You ARE peace. You will return to love, joy and peace; the timing is up to you.

FIND CARE AND RESOURCES CLOSER TO HOME

Community Cancer Programs Network helps patients in communities outside of Winnipeg to receive chemotherapy and follow-up care closer to home. Talk to your nurse or doctor, or call 204-784-0224 or 1-866-561-1026 or visit <https://www.cancercare.mb.ca/Patient-Family/information-for-rural-patients>

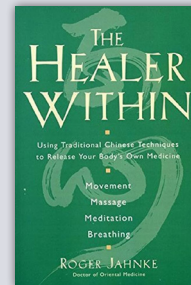
Indigenous Community Profiles provides community information and resources that support people with cancer. Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**
Room ON1016-675 McDermot Ave.
Phone: 204-787-4357

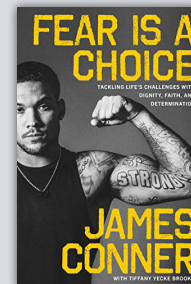
POPULAR PICKS

The Heater Within
by Roger Jahnke



Natural healing abilities are drawn from the ancient Chinese healing system of Qigong and can be adapted to every lifestyle. The techniques include gentle movement, self-applied massage, breathing exercises, and meditation.

Fear is a Choice
by James Conner



James Conner had a dream of an NFL career and was faced with a life-altering moment when he was diagnosed with Hodgkin's lymphoma. Despite the odds, he fought through with spiritual truths and determination.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.