

For more information visit www.cancercare.mb.ca

THE NAVIGATOR

AUGUST 2024

CancerCare Manitoba
ActionCancerManitoba

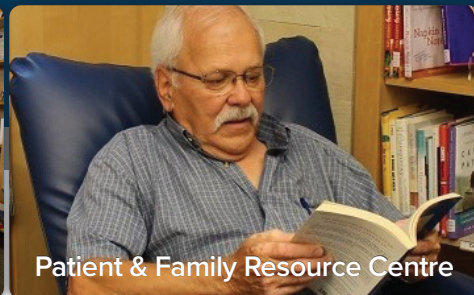
PATIENT NEWSLETTER



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

A Caregiver's Journey



When my wife Joyce was diagnosed with cancer, our lives changed overnight. I became her primary caregiver, managing her medications, preparing meals, cleaning duties and accompanying her to countless medical appointments. Watching her undergo chemotherapy was heart-wrenching, but we faced each day together, celebrating small victories and holding onto moments of joy.

Balancing caregiving with other responsibilities was challenging. I put my own selfish needs aside and focused on her needs. Our friends and family stepped in to help. I joined a caregiver support group (TealMen of OC), finding comfort in shared experiences. I also learned the importance of self-care, setting aside time each day to recharge.

Emotionally, it was a rollercoaster, but our relationship deepened. Love became our anchor, and laughter our medicine. Even in the toughest times, we found reasons to smile and cherish our moments together.

Being a caregiver for Joyce has been one of the hardest yet most rewarding experiences of my life. It taught me resilience, compassion, and the power of human connection, reminding us to savour every moment.

John

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>

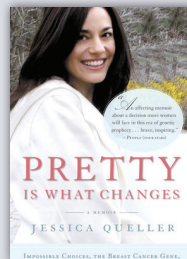
Indigenous Community Profiles provides community information and resources that support people with cancer. Visit <https://ccmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

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

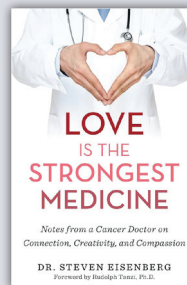
POPULAR PICKS

Pretty is What Changes
by Jessica Queller



After testing positive for the BRCA gene mutation following her mother's death from cancer, the author contemplates a preventative double mastectomy, confronting her views on body image, identity, and sexuality.

Love is the Strongest Medicine
by Dr. Steven Eisenberg



Oncology doctor, Steven Eisenberg helps patients fight cancer using conventional therapies, and by helping them overcome negative emotions through acceptance, self-compassion, laughter, empathy, and the music he plays and sings with them.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.



Reed Wiznoski, Christopher Sorin, Catlin McGeachy

Custom Care at CancerCare Manitoba

At CancerCare Manitoba, Chris, Reed, and Catlin work on the radiation floor to support cancer treatments. As design technologists, they craft custom devices and equipment tailored for patient care. These aren't items you can buy off the shelf; they are specially made right here in our advanced workshop.

Equipped with 3D printers and various machinery, the team shapes materials like metals and plastics into tools for Radiotherapy, Nuclear Medicine, and Medical Physics. They're not just creators; they're problem-solvers, constantly improving and innovating to meet the needs of treatment, research, and quality assurance.

In close partnership with the Radiation department, they ensure patients receive precisely fitted accessories for their therapy. It's a collaborative effort among doctors, therapists, and technologists, all dedicated to meticulous care and the well-being of those we serve.



Pouring Cerrobend for a custom electron cut out for radiation therapy.



A radiation shield mask made from resin and beeswax, with hammered lead using a 3D printed ABS replica of a facial model.

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

A Happy Playlist

Walking on Sunshine – Katrina & The Waves
Don't Worry Be Happy – Bobby McFerrin
Ukiuk – The Jerry Cans
Beautiful Day – U2
Guru Ram Das – Lex Van Someren
I'm on My Way – Proclaimers
Sweet Caroline – Neil Diamond
Top of the World – Carpenters
59th Street Bridge Song – Simon and Garfunkle
Here Comes The Sun – Beatles

AUGUST 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 204-787-2109.

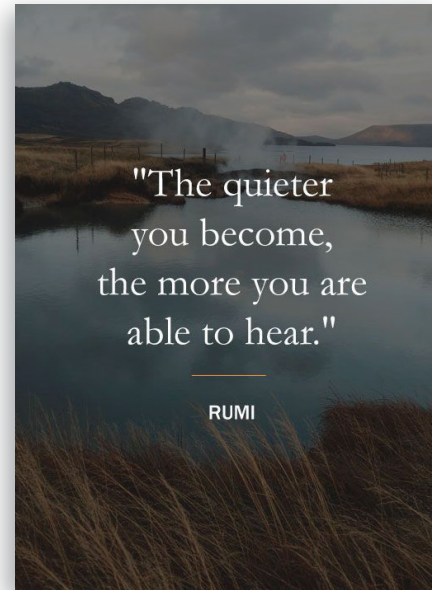
Coping with Cancer Support Group: Have you been recently diagnosed with cancer and are looking for support? Call 204-787-2109.

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.

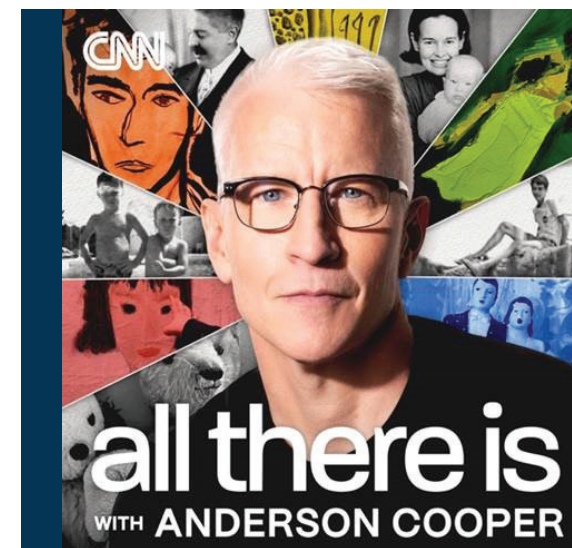
Yoga and Cancer Program: Designed for cancer patients who are currently undergoing treatment or who have completed treatment within the past year. Call 204-787-2109.

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



Podcast Picks

All There is with Anderson Cooper: Learning from others who've experienced life-altering losses, this podcast is about the people we lose, the people left behind, and how we can live on – with loss and with love.