

THE NAVIGATOR

DECEMBER 2024



PATIENT NEWSLETTER



The Gifts of Volunteering

CancerCare Manitoba is proud of its volunteers, who contribute more than 10,000 hours each year to help provide excellent patient care through various roles. Volunteers come from different backgrounds, and many give back because they or a loved one have been touched by cancer.

Volunteers assist in many different ways at CancerCare Manitoba. They can help to support the Chemotherapy Clinic, the Guardian Angel Caring Room (wigs and headwear), the Gift Shop, special events, and the Pediatric Clinic. Volunteers also contribute as Ambassadors, Patient and Family Advisors, Peer Support, Runners/Couriers, Patient Guides, Clerical Support, and Refreshment Services.

By volunteering, you can:

- Gain experience in a healthcare setting
- Share your skills and develop new ones
- Meet a wide range of people
- Support your community

The Mayo Clinic supports the benefits of volunteering; “By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.”

If you are interested in finding out more or becoming a volunteer, contact:

CancerCare Manitoba Volunteer Services at 204-787-2121 or 1-866-561-1026, or visit our website at www.cancercare.mb.ca under Ways To Help.

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

Hope and Healing Program
204-787-2109

A Winter Playlist

- Song for A Winter's Night – Gordon Lightfoot
- Christmas Day – Dido
- River – Sarah McLachlan
- Hanukkah Blessings – Barenaked Ladies
- Winter Wonderland – Michael Bublé
- Auld Lang Syne – Susan Boyle
- Feliz Navidad – Boney M.
- Marshmallow World – Brenda Lee

DECEMBER 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 HOPE AND HEALING PROGRAM and CENTRES FOR HOPE

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.

Patient and Family Educators 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 Centres at the MacCharles site and Victoria General Hospital site. The Centres are 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 Claire at 204-787-4122.

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.

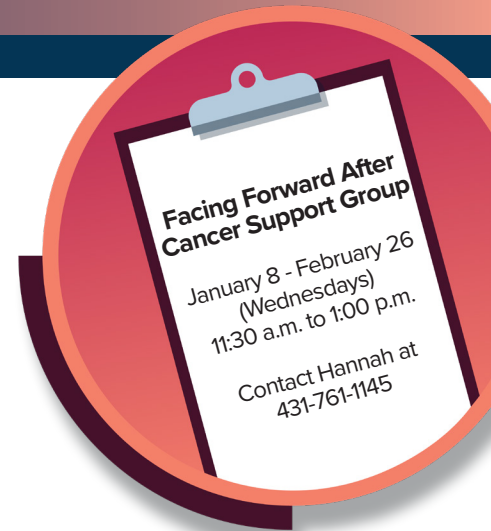
Expressive Art Group: Combines counselling and creative expression through art. Call Miriam at 204-787-2062.

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

Facing Forward after Cancer Support Group: Open to all Manitobans who have completed treatment for any type of cancer within the last 2 years. Call Hannah at 431-761-1145.

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.

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

Explore **additional support groups** by visiting our virtual library at ccmb.library.site. Simply navigate to the “Resource Lists/Helpful Websites” section.



Get to know...

Elsie - Sewer Extraordinaire!

A side effect of cancer treatment may be hair loss and other appearance-related changes. Patients can borrow one wig and four head coverings from the Guardian Angel Caring Room. Elsie began sewing for GACR in 2013, initially making beanie hats with her sister Gertrude's help. By 2020, she had made 2,900 hats! In 2023, she contributed 240 more. We are grateful to Elise and our volunteer sewers for their generosity.

If you are interested in sewing, contact us at 204-787-4357.

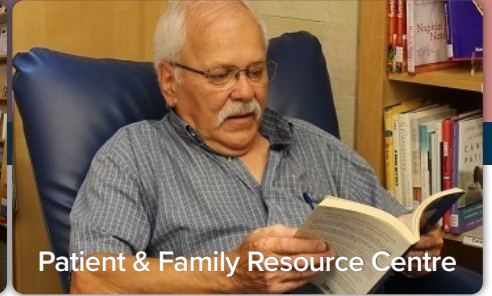
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

The Patient Voice - by Joyce

The word cancer was devastating. I dug deep to find the strength to fight this disease. My original chemo sessions were 6 hours.

Here are some tips I found helpful:

- Sleep if needed. An eye mask or sunglasses help. The offering of a warm blanket was welcome and relaxing.
- I wore sweat pants with cuffs at the ankle for comfort and practicality (when using the washroom, the pant leg doesn't touch the floor!)
- I saw a notice in the washroom to flush twice. I also followed that protocol at home (after chemo).
- Listening to audio books or watching movies helped pass the time (bring headphones!)
- I enjoyed the cookies and tea from the cart. I liked to bring my own thermo cup with a lid to keep my tea warm and prevent spills (also environmentally friendly!)
- 6 hours was long to sit still! I tried to take walks with my IV pole to stretch my legs.
- I was grateful to borrow wigs and headwear from the Guardian Angel Caring Room.

I am grateful to all the staff and volunteers at CCMB. I know I had the best care possible!



LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**

Room ON1016-675 McDermot Ave.
Phone: 204-787-4357

POPULAR PICKS

Food Isn't Medicine

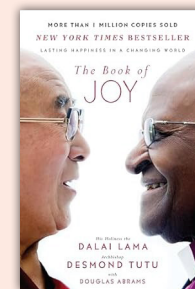
by Joshua Wolrich



The author believes everyone deserves a happy, healthy relationship with food and their bodies. 'Food Isn't Medicine' explores nutritional science to debunk common diet myths.

The Book of Joy

Daila Lama, Desmond Tutu, and
Douglas Carlton Abrams



Both the Dalai Lama and Archbishop Tutu have faced significant personal and national adversity. In their 80s, they share stories of struggle and renewal, emphasizing that to find joy, you must bring joy to others.

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://cmbmindigenouscommunityprofiles.ca/>

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.