

THE NAVIGATOR

JULY 2024



PATIENT NEWSLETTER

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

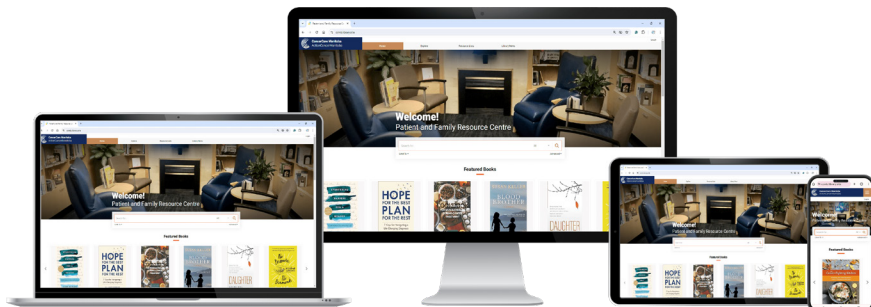
Victoria General Hospital
(Buhler Cancer Centre)
2340 Pembina Highway
204-477-3328

CCMB Patient Representative
204-787-2065

Patient and Family Support Services
204-787-2109

10 Must Haves to Pack for Chemo

- bottled water
- snacks
- books/puzzles
- phone/iPad (charger)
- journal (pen)
- eye mask & ear plugs to sleep
- lip balm
- extra blanket/warm socks
- headphones
- your own medication (especially pain medication)



New Online Library for Patients and Families

At CancerCare Manitoba, our Patient & Family Resource Centre provides valuable information for patients and families dealing with cancer. Whether you're looking for details on cancer types, treatment, nutrition, or coping strategies, our library has you covered. And now, we're thrilled to announce that our library is available online!

With our digital library, you can:

- Search for books by topic or author covering coping, emotional well-being, nutrition, specific cancers, and more.
- Find contact information for local and national support groups.
- Learn about upcoming patient education sessions.

Feel free to explore book covers, discover popular picks, and check out newly added books. If you use the online library, you can even create an account to write book reviews and place books on hold. Borrow up to three books for a month!

Visit our online library through the CancerCare Manitoba website under [Patients and Family - Services & Support - Patient and Family Resource Centre](#).

You are also welcome to visit our Resource Centre library, located in Room ON1016 (Main Floor), 675 McDermot Ave. We are open from 8:30 a.m. to 4 p.m., Monday to Friday.

This program is generously supported by the CancerCare Manitoba Foundation.

JULY 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 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



Spotlight on Community Support Groups

Manitoba Prostate Cancer Support Group

Join in fellowship, shared experiences, and expert insights on prostate cancer.

Meetings take place every third Wednesday of the month from 7 to 9 p.m. The upcoming meeting on July 17 will feature guest speaker Dr. Kevin M. Coombs, PhD, discussing “*Anti-cancer treatment from an unexpected source: Viruses as killers of cancer cells.*”

For more information, visit manpros.org or contact Joseph Borsa via email at josephborsa@gmail.com or by phone at 204-232-8354.

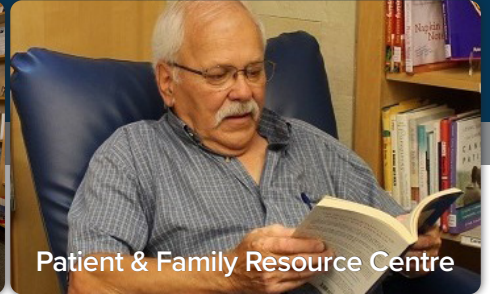
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

How We Talk About Cancer

Talking about cancer often involves using metaphors, such as “It’s the start of a long journey,” “I’m on the road to recovery,” or “She lost the battle.” But is one metaphor better than another? How do these metaphors impact different people? These are questions that Professor Elena Semino at Lancaster University has been exploring.

Her team’s study analyzed 1.5 million words from interviews with patients, caregivers, and healthcare providers. They found that two common metaphors emerge: “violence” metaphors (like fights or battles) and “journey” metaphors.

When it comes to “violence metaphors,” some people find them motivational, especially in fundraising campaigns. However, they don’t work for everyone. Some individuals may not want to frame their experience as a fight, especially toward the end of life when they may feel they’ve lost.

The ‘journey’ metaphor isn’t necessarily a better word to describe the experience. Semino found that some people use the journey metaphor “in a very empowered way.” However, for some the ‘journey’ is far from an epic adventure.

Semino’s research found that each person is different and some individuals may find different metaphors more meaningful. She suggests creating a “menu” of metaphors—a collection of options—so that individuals can choose the ones they want, much like selecting dishes at a restaurant.

For those interested, you can explore the [Metaphor Menu](#) or contact the Patient & Family Resource Centre at 204-787-4357 or toll-free at 1-866-561-1026 for a copy.

Read the full article at cancerresearchuk.org

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://cmbindigenouscommunityprofiles.ca/>

LIBRARY CORNER

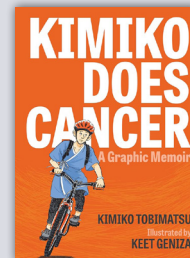
**CancerCare Manitoba
Patient and Family Resource Centre**

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

POPULAR PICKS

Kimiko Does Cancer

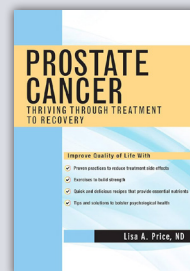
by Kimiko Tobimatsu



Kimiko Does Cancer is a graphic memoir written from the point of view of a young mixed-race, queer woman. Kimiko seeks connection within the cancer community while confronting viewpoints different from her own.

Prostate Cancer

by Lisa Price



The author is a naturopathic doctor and expert in complementary cancer care. She offers ideas for maintaining health and improving quality of life during your cancer treatment. These include recipes, exercises, and mental health suggestions.

Funding support for the Navigator Newsletter is provided by:



All funds raised stay in Manitoba.