

THE NAVIGATOR

JUNE 2024

PATIENT NEWSLETTER



L to R: Anastasiia Borodiuk (Student Registrar), Schyler Weidemann, Mya Ettawacappo, Jasneet Kaur, Farnaz Shahabi, Lexi Fadyshen (at the sink), Daman Khaira (not shown).

CancerCare Manitoba Partners with Aveda Institute

How we look can have an impact on how we feel. A side effect of cancer treatment may be hair loss and other appearance-related changes. CancerCare Manitoba's Guardian Angel Caring Room is a place where patients can receive help with this from compassionate, knowledgeable staff and volunteers.

As part of our Caring Room program, patients can borrow one wig and four head coverings at a time and return these when they are no longer needed. All wigs are cleaned and sanitized before being provided to patients. CancerCare Manitoba (CCMB) has greatly appreciated the support of the Aveda Institute to assist with the cleaning of wigs. In September 2016, a partnership was developed and in the last year alone, nearly 500 wigs were sent for cleaning.

Every Thursday at the Aveda Institute, student volunteers spend two hours before the start of class to clean and sanitize the wigs. They follow specific guidelines and use products supplied by the Guardian Angel Caring Room.

To make an appointment for wigs and headwear or more information, please call:

Guardian Angel Caring Room
CancerCare Manitoba Room ON1016 -675 McDermot Avenue
Phone: 204-787-4180 or toll-free 1-866-561-1026, Monday - Friday

The Guardian Angel Caring Room is generously funded by our CancerCare Manitoba Foundation.

Would you like to receive the Navigator Newsletter by mail?

Call 204-787-2970 or 1-866-561-1026 or email ccmb_hope@cancercares.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

Yoga: Is it for Me?

Patient and Family Education and Support Webinar

Thursday, June 20, 3-4 p.m.

To register, visit: <https://tinyurl.com/2ab5ermp> or call CancerCare Manitoba 204-787-2970 or 1-866-561-1026.

This session will be offered online through Zoom.

JUNE 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.



I am not what happened to me,
I am what I choose to become.

Carl Gustav Jung

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 Sam Singer, and no, I am not a quirky guitar-playing doctor. I am part of the Music to My Ears program through Artists in Healthcare at CancerCare Manitoba. I have been playing my guitar around CCMB since the fall of 2021. I feel really lucky to have gotten to know so many patients who have inspired me in my life and my songwriting. I have played music since I was nine years old. I have released a few albums over the years and have one coming out called “Where The Rivers Do.” Two sports-related ‘fun facts’ about me: I’m a recovering Toronto Maple Leafs fan, or maybe a ‘reformed’ Leafs fan... and I love playing basketball.

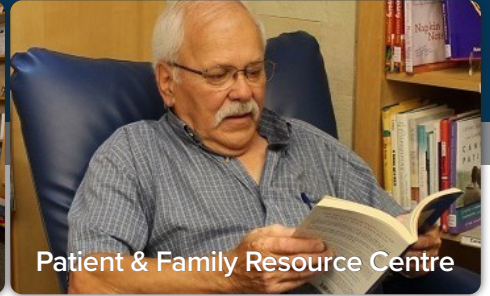
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

DEAR READER...

Ginger Carrot Soup

INGREDIENTS

2 tbsp olive oil
1 red onion, chopped
4 cloves garlic, chopped
1 tsp curry powder (optional)
3 cups carrot, diced
1 tbsp fresh ginger, grated
3 cups no salt added chicken stock
1 tsp lemon juice
1 can (370mL) evaporated milk
To taste salt and paper

Prep Time: 10 minutes
Cooking: 40 minutes
Servings: 6

Modifiers - to increase protein and calories, add:

- Grated cheese
- Sour cream
- Soft of silken tofu
- Greek yogurt
- 35% cream
- Vegetable oil

DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add the onions and cook until softened.
2. Add the garlic and the curry powder and continue to cook for another 5 minutes.
3. Add the carrots and the ginger and continue to cook for another 5 minutes.
4. Add the chicken stock and bring to a boil. Reduce the heat and simmer for 20–25 minutes or until the carrots are soft.
5. Add the lemon juice and the milk and heat it through.
6. Puree with an immersion blender or transfer to a blender and puree until smooth.

* You can adjust the recipe by using the **modifiers**.

Helpful with fatigue, nausea and swallowing difficulties.

Source: www.nourishonline.ca

Nutrition Information (serving size: 1 cup): Calories 160, Fat 9g (Saturated 3.5g, Trans 0g), Cholesterol 20mg, Sodium 110mg, Carbohydrate 15g (Fibre 2g, Sugars 11g), Protein 5g.

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

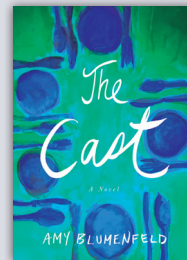
**CancerCare Manitoba
Patient and Family Resource Centre**

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

POPULAR PICKS

The Cast

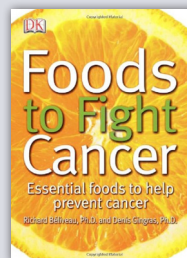
by Amy Blumenfeld



A fictional story of a high school girl who develops cancer, and her supportive schoolmates.

Foods to Fight Cancer

by Richard Beliveau and Denis Gingas



This guide reveals how to make simple dietary changes, and to introduce foods that are proven to work in your body to fight and prevent cancer.

Funding support for the Navigator Newsletter is provided by:

 **CancerCare Manitoba
FOUNDATION**

All funds raised stay in Manitoba.