

THE NAVIGATOR

NOVEMBER 2024



PATIENT NEWSLETTER

2024 Virtual Patient and Family Conference

Patients and families living with cancer often have many decisions to make and may struggle to navigate the cancer care system. Up-to-date information can help with understanding cancer and treatment, as well as making decisions about cancer care.

The Hope and Healing Program of CancerCare Manitoba will be hosting its third conference for patients and families who are living with cancer.

This conference will be held online and registration is free. We are grateful for the generous funding support of our CancerCare Manitoba Foundation.

Conference Program:



Friday, November 29 – 5:30pm – 7:30pm
Conference Opening and Keynote Speaker,
Dr. Nicole Culos-Reed

“If it were easy, we’d all be doing it ... the value of exercise, and how to get more of it.”

Dr. Nicole Culos-Reed, will present on the role of exercise across the cancer journey. Movement looks different for every body. With a focus on supporting what your movement can look like, you’ll learn about resources available to support your movement wellness, as well as some key behavioural skills that you can use – to help you lead a more active life.

Saturday, November 30 – 8:30 a.m. – 3:30 p.m. **Education Program**

An all-day program that offers an opportunity to learn, connect and share.

- Experts will present information on a range of topics such as what is cancer, clinical trials, nutrition, young adult survivorship, cancer fatigue, the financial burden of cancer, navigating a cancer diagnosis in Indigenous communities, mindfulness, and much more.
- A patient panel will share their experiences with cancer.
- A Virtual Exhibit with helpful resources and support program information.

Join for one or both days and attend a few or all of the sessions.

To register visit our CancerCare Manitoba website: cancercare.mb.ca/pfc or scan the QR code.



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

Helpful App



Untire: Beating Cancer Fatigue

Cancer related fatigue impacts millions of cancer patients and survivors. Untire can

help you gain insight into your behaviour, thoughts and symptoms, manage energy levels, adjust behaviours, and get back to living again.

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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 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.

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.

THERE IS A CRACK
IN EVERYTHING,
THAT'S HOW THE
light GETS IN.

- LEONARD COHEN

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

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



Spotlight on Community Support Groups

AAMAC (Aplastic Anemia and Myelodysplasia Association of Canada) is a national charity supporting patients and caregivers dealing with aplastic anemia, myelodysplasia, and PNH.

Upcoming Event: Patient meeting on Saturday, November 16 at The Fairmont Winnipeg. Register at aamac.ca. Presentations by Dr. Brett Houston and Dr. Lin Yang, plus a patient experience panel.

Support Group: Monthly online support group for patients and caregivers. More info at aamac.ca.

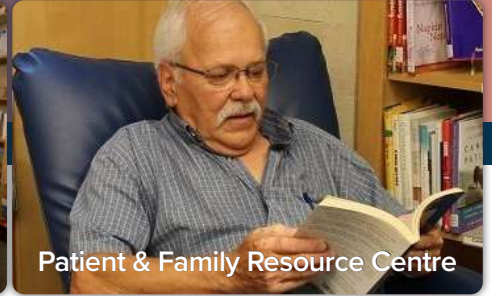
For more information visit www.cancercare.mb.ca



Guardian Angel Caring Room



Support Groups



Patient & Family Resource Centre

Butternut Squash, Apple and Quinoa Salad

Ingredients

Salad:

- 2.5 tbsp (45ml) Olive oil
- 1 small Butternut Squash peeled, seeded, diced into 2cm cubes
- 1 tbsp (15ml) Brown Sugar
- ½ tsp (2.5ml) Salt
- ½ tsp (2.5ml) Pepper
- ¼ tsp (1.2ml) Cinnamon
- ¼ cup (63ml) Onions finely diced
- 1 container of Arugula
- 2 cup (500ml) Quinoa cooked
- 2 Medium Apples diced
- ¼ cup (63ml) Feta Cheese crumbled
- ¼ cup (63ml) Roasted Cashews chopped

Dressing:

- 2 tbsp (30ml) Olive oil
- 2 tbsp (30ml) Honey
- 2 tbsp (30ml) Dijon Mustard
- 1 tbsp (15ml) Red Wine Vinegar
- 1/8 tsp (0.6ml) Salt
- 1/8 tsp (0.6ml) Pepper

Instructions

1. Toss butternut squash with 1 tbsp olive oil, brown sugar, cinnamon, salt, and pepper.
2. Roast on a lined baking sheet for 30 minutes or until golden.
3. Sauté onions in ½ tsp olive oil until soft.
4. Mix dressing ingredients.
5. Combine arugula, quinoa, onions, feta, and dressing.
6. Divide into bowls and top with squash, apples, and cashews.

Find this recipe and more at halfyourplate.ca

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/>

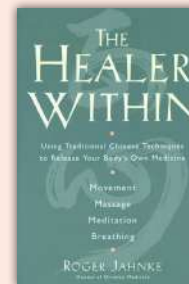
LIBRARY CORNER

**CancerCare Manitoba
Patient and Family Resource Centre**

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

POPULAR PICKS

The Healer Within
by Roger Jahnke



Four simple techniques to enhance your natural healing abilities: gentle movement, self-applied massage, breathing exercises, and meditation. These methods are rooted in the ancient Chinese healing system of Qigong.

**Spoiler Alert:
The Hero Dies**
by Michael Ausiello



Journalist Michael Ausiello's memoir recounts his fourteen-year relationship with his husband, who died after an eleven-month battle with an aggressive neuroendocrine cancer.

Funding support for the Navigator Newsletter is provided by:

 **CancerCare Manitoba
FOUNDATION**

All funds raised stay in Manitoba.