



Cancer Care Nova Scotia Cancer Patient Family Network

Network News

September 2010

Network News is a summary of opportunities and information shared with members of our Cancer Patient Family Network (CPFN) concerning the cancer care system in Nova Scotia. It is designed to keep you informed about ways you can stay connected and involved in the cancer system. Please share this information with others in your community.

If you have knowledge of cancer-related events, meetings and opportunities, please forward the details to us for posting on our website's Calendar of Events. You can do so by emailing Kris Kennedy, CCNS Communications Assistant at kris.kennedy@ccns.nshealth.ca or by phoning him at (902) 473-2630. This can include events in your own local community like support group meeting notices, conferences, cancer-related fundraisers, etc. Plan to visit the CCNS website www.cancercare.ns.ca often and regularly to keep informed of activities and happenings.

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1. Cancer Answers Public Lectures

The Cancer Answers Lecture Series continues with more opportunities to hear quality cancer information from expert speakers at a location close to you via telehealth.

Tuesday, **October 5**, 2010 at 7-8:30pm – **“After Cancer Treatment – Then What”** with **speaker Tom MacNeil, Social Worker, Cape Breton Cancer Centre**. The Speaker will be in Halifax and you can also participate via telehealth in: Amherst, Antigonish, Baddeck, Bridgewater, Evanston, Guysborough, Kentville, Middleton, New Glasgow, Shelburne, Sherbrooke, Sydney, Tatamagouche, Truro, Windsor and Yarmouth.

Tuesday, **November 9**, 2010 at 7:-8:30pm - **“Talking to Children about Cancer – When a Parent or Grandparent has Cancer”** with **speaker Joan Hamilton, Clinical Nurse Specialist, Capital Health Cancer Care Program**. The Speaker will be in Halifax and telehealth locations include: Amherst, Antigonish, Baddeck, Bridgewater, Canso, Dartmouth,

Evanston, Middleton, New Glasgow, Shelburne, Sherbrooke, Sydney, Tatamagouche, Truro, Windsor and Yarmouth.

Details on lecture locations can be obtained by phoning 1-866-599-2267 or by visiting the *Cancer Care Nova Scotia* website at www.cancercare.ns.ca

New info - Videos of select lectures will be available for a limited time for download from our website at www.cancercare.ns.ca. Currently, you can watch Dr. Daniel Rayson's talk on "Long-Term Side Effects of Chemotherapy". Lectures are also aired on Eastlink Cable Television and are now available on Eastlink On Demand so you can watch them free of charge at your convenience. After the lecture, presentations are available on our website at www.cancercare.ns.ca (along with all previous lecture presentations) under the Cancer Answers Lecture Series. You can also access a copy on DVD at Regional Libraries or in your own Health District.

For more information:

Phone toll free 1-866-599-2267 or (902)473-2637

Email: emmie.luther-hiltz@ccns.nshealth.ca

2. CCNS Excellence Award Winners

Please join me in congratulating the recipients of the three awards handed out for 2010:

Innovation Excellence - The Head and Neck Cancer Site Team, Capital Health Cancer Care Program, Co-Chairs, Ms. Judith Phillips and Ms. Karen Woodworth

Leadership Excellence - Dr. Dorothy Barnard (retired), Pediatric Hematologist/Oncologist, IWK Health Centre

Excellence in Patient Care - Dr. Rob Rutledge, Radiation Oncologist, Capital Health Cancer Care Program

This is the second year for *Cancer Care Nova Scotia's* (CCNS) Excellence Awards. Thank you for your nominations to recognize leaders, innovative practice and excellence in patient care for Nova Scotia cancer patients and families. Pictures of award recipients are available on the Cancer Care website at www.cancercare.ns.ca

3. Cancer Transitions – Moving Beyond Treatment

Both the Nova Scotia Cancer Centre in Halifax and the Cape Breton Cancer Centre in Sydney are working with the YMCA and the Canadian Cancer Society to provide a Program called Cancer Transitions. Cancer Transitions is a free, 2½-hour, six-week program designed to help cancer survivors make the transition from active treatment to post-treatment life. It is designed for people who are just finishing active treatment and includes people who are up to two years from this point in their cancer journey.

Facilitators and guest speakers – including a dietician, nurse, oncologist, and YMCA fitness specialist – will lead you in exercises tailored to participants' abilities and discuss strategies for managing stress, eating nutritiously and managing your health concerns.

Cancer Transitions covers the following topics:

- Get Back to Wellness: Take Control of Your Survivorship
- Exercise for Wellness: Customized Exercise
- Emotional Health & Well-Being: From Patient to Survivor
- Nutrition Beyond Cancer
- Medical Management Beyond Cancer: What You Need to Know
- Life Beyond Cancer

In Sydney the date for the next Program is September 21 – October 26, 2010 from 1-3:30pm at the YMCA on Charlotte Street. For more information or to register, please call Kelly at the Cape Breton Cancer Centre at (902)567-8074.

In Halifax, a date (likely in October) has not been set yet. For more information and to indicate your interest, please call Mary Lou Robertson, Medication Resource Specialist, Capital Health Cancer Care Program at (902)473-8241.

If you would like to see the Cancer Transitions Program offered in your District, please connect with Emmie Luther-Hiltz at (902)473-2637 or via email at emmie.luther-hiltz@ccns.nshealth.ca to express your interest.

4. Ways to Wellness – Two Days of Hoping and Coping

The Cape Breton Cancer Centre is again offering “Ways to Wellness: Two Days of Hoping and Coping”, a program for cancer patients, survivors and family members. It will take place in Sydney on October 29th and 30th from 8-4pm.

This unique program will provide information and sharing with a focus on living well with cancer. It will provide skills and knowledge to assist patients along the cancer journey and is intended to optimize health and wellness of cancer patients, survivors and family members. Education on health promotion and wellness, lifestyle modification, effective coping strategies and stress reduction techniques will be the focus of the program.

For more information or to register, call Kelly at the Cape Breton Cancer Centre at (902)567-8074

5. Skills for Healing Weekend Retreats

Dr. Rob Rutledge, Radiation Oncologist and Tim Walker, PhD Psychotherapist and Teacher from Eastwind Stress Reduction feature in these two Weekend Retreats. Limited bursaries will be provided to cover travel and childcare based on need and availability of funds. You will learn about:

- Complete cancer care including diet and complementary Rx
- Stress reduction techniques
- The body-mind-spirit connection
- Meditation, relaxation and group discussions

October 1-3, 2010 in Halifax free for people with a diagnosis of Thyroid cancer and an accompanying family member or caregiver with an \$80 deposit required to register. For more information call Helen at (902)473-3887 or visit www.healingandcancer.org

November 12-14, 2010 in Rothesay, New Brunswick (Nova Scotians can also attend) It is free for people with a diagnosis of cancer and an accompanying family member or caregiver with a \$50 deposit cheque required to register. For more information contact Nancy Baker at (506)849-1697, nancyjanebaker@hotmail.com or visit www.itsnotjustonething.com

6. Focus Groups for Breast and Colorectal Cancer Survivors

Cancer Care Nova Scotia is continuing to recruit for focus groups to be held at the Nova Scotia Cancer Centre in Halifax and the Cape Breton Cancer Centre for a research study on cancer survivorship follow-up care. This now includes people from 0-6 years from diagnosis (previously 1-4 years). Parking and mileage expenses will be covered. To date, there have been a couple of groups already held but we have not been able to get enough people to come forward in order to move ahead with this study. In order to understand how we can

provide better follow-up care to cancer patients, we need to hear from you about your experiences and advice on:

- Routine follow-up care – what you prefer, how well is it being done
- Specialist led follow-up care and family doctor led follow-up care

Please consider sharing your time and feedback if you have not already done so and you meet all the following criteria:

- Are you a breast or colorectal cancer survivor?
- Is it 0-6 years since your cancer diagnosis?
- Has your doctor told you there are no longer any signs of cancer?
- Have you finished receiving cancer treatment?
- Are you receiving follow-up care?

For more information, contact Margaret Jorgensen at 1-866-599-2267 or via email at Margaret.jorgensen@ccns.nshealth.ca

7. Be a Community Champion for Atlantic PATH

I have previously encouraged you and your network of family and friends to participate in the Atlantic PATH study. This is a national study investigating the effects of environment, lifestyle and genes on cancer. The \$42 million national study, known as the Canadian Partnership for tomorrow Project, is funded by the Canadian Partnership Against Cancer and is the largest cancer research study ever undertaken in North America. It involves 300,000 Canadians and 30,000 of those will be from Atlantic Canada. That's important because Atlantic Canada has the highest rates of cancer in the country and this study will help us to understand why.

So far, about 8,500 Atlantic Canadians have participated in the study. Atlantic PATH needs help in getting others to come forward and have developed a program called "Community Champion" to help people like you and I recruit friends and family to the study. They have learned that it is easier for people to participate if they can do this from their own home instead of having to visit an Assessment Centre in Halifax or Sydney. The idea is that a Community Champion would ask family and friends if they would like to participate, send them a package of information and collect it from them when it is completed.

If you are interested in becoming a Community Champion or for more information on Atlantic PATH, please visit their website at www.atlanticpath.ca or call toll free 1-877-285-7284.

8. Do You Have an Email Address?

If you have an email address, please let us know so we can begin communicating with you via email rather than regular post mail. Often, there are opportunities for patients and families that come up on short notice or that might involve internet access that you can't be part of if we can't reach you via email. Send us an email at peggy.jones@ccns.nshealth.ca with your email address. If we don't hear from you and you receive this information in the mail, we will continue to send information to you through Canada Post.

You have received this communication because you are a Member of *Cancer Care Nova Scotia's* Cancer Patient Family Network (CPFN). Feel free to share any information in this Newsletter and about the CPFN with others.

The Cancer Patient Family Network provides cancer patients/survivors/family members the opportunity to stay in touch with the Nova Scotia cancer system. Members receive a copy of the *Cancer Care Nova Scotia (CCNS)* bi-monthly Newsletter about what's new in cancer care research and treatment in Nova Scotia. You will also receive regular communications

(via mail or email) about events/opportunities to participate in cancer system improvement initiatives.

This network is for people who have been touched by cancer and would like to be part of improving the cancer system in Nova Scotia. This free, province-wide program is aimed at developing opportunities for involving patients/survivors/family members and ensuring their valuable insight and reflection is included in cancer system change/improvement. To join the Network or for more information, please contact Emmie Luther-Hiltz, Cancer Patient Family Network Coordinator at (902)473-2637 or toll free at 1-866-599-2267 or via email at emmie.luther-hiltz@ccns.nshealth.ca or visit the CCNS website at www.cancercare.ns.ca where you can fill in and submit a membership form online.

Should you no longer wish to be a Network Member, please let me know at emmie.luther-hiltz@ccns.nshealth.ca or by phoning me toll free (902)1-866-599-2267 or (902)473-2637.

If you have any comments or feedback about anything contained in this Network News, please contact me by phone at (902)473-2637, toll free 1-866-599-2267 or by email at emmie.lutherhiltz@ccns.nshealth.ca. As always, your input is valued and appreciated.

***“Experience is not what happens to you; it’s what you do with what happens to you”
Aldous Huxley***

Sincerely,
Emmie Luther-Hiltz
Coordinator, Cancer Patient Family Network
Cancer Care Nova Scotia

Many Hearts. Many Minds. One Goal.