

# HOPE & COPE

A VOLUNTEER SUPPORT SYSTEM FOR CANCER PATIENTS AND THEIR FAMILIES MADE POSSIBLE THROUGH THE GENEROSITY OF DONORS

Peer Mentoring · Professional Consultation · Support Groups · Resource Centre · Patient Education · Library · Palliative Care

## 2013: The Year in Review

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### A Knock-out of a Year!



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To borrow from the long-running, critically acclaimed children's series, *Sesame Street*, 2013 was a year characterized by words beginning with the letter "P": passion, purpose, possibility, privilege, pride, progress. It was a year in which we strengthened our partnerships both within and outside the hospital and sought out new corporate partnerships to support and strengthen our powerful programs. It was a year in which we contributed new knowledge to the field of evidence-based cancer care and

survivorship. It was a year in which our expertise was both recognized and replicated. It was a year in which so many individuals came together to express their gratitude by "paying it forward", supporting Hope & Cope as volunteers, as donors and as friends. Most of all, it was a year in which we were able to help hundreds of people find the resources, the compassion and the connections they needed to live well with and beyond cancer.



Jewish General Hospital



## One program, two sites, many services...

### Volunteer support

- One-to-one buddy program
- Radiotherapy and Oncology Clinics
- Visits while in hospital
- Volunteer navigation for those new to the Oncology Department

### Professional Consultation

- Referral, support, drop-in service, information

### Support Groups include

- Patients, Families and Friends, Young Adults, Laryngectomy, Women Newly Diagnosed with Breast Cancer, Breast Friends (for women living with metastatic breast cancer), Bladder

### Community Groups

- Colorectal Cancer Support, Networking Group, Multiple Myeloma

### Library

- Books, audio/videotapes, DVDs, pamphlets, music library

### Patient Education

- Health Education Series/In-house lectures
- Annual Public Education Lecture and Cancer Survivorship Celebration
- CD-ROM/Internet Teaching
- Information kits

### Mind-body-spirit Programs

- Relaxation and Imagery Training
- Art Expression, Jewellery Making
- Think Smart, Live Well (Coping Skills Training)
- Yoga, Qi Gong
- Exercise program
- Nutrition

### Resource Centre

- Wigs, scarves and turbans free of charge
- Community/hospital resource information
- Look Good...Feel Better: a cosmetic workshop

### Transportation and Parking Resources

- Parking options while in treatment (specific circumstances)

### Palliative Care and Bereavement Support

- Palliative Care volunteer visits in hospital
- Bereavement follow-up, individual and group

### THIS NEWSLETTER IS PUBLISHED BY

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The opinions expressed in this publication  
are solely those of the contributors.

Please note that to our knowledge at press time,  
all information in this publication was accurate.



## Chairman's View

**W**ell into the second year of her mandate as Chair of Hope & Cope, Lillian Vineberg has capably steered the organization through one of the most important transitions in its 32-year history. We sat down with Mrs. Vineberg to get her views on the year that has passed and the challenges ahead.

### *What surprised you most about Hope & Cope?*

Taking on the chairmanship of Hope & Cope opened my eyes to the number of lives changed and improved by our services.

I am awed by the devotion and skill of the 20 full and part-time professionals who work here.

I was pleasantly surprised by the creativity and depth of the research done at Hope & Cope. All of our programs are university research based and proven to be effective.

I am impressed by the extraordinary commitment, caring and wisdom of our experienced volunteers, numbering close to 500 people. Our volunteers love their work with us. They go home each day knowing they have made a difference.

I am shocked by the number of young adults who are diagnosed with cancer. We provide amazing young adult programming developed by Hope & Cope. It includes the interactive CancerFightClub.com web site, recreational, educational and social events and fundraising initiatives. We continue to be very responsive to the unique needs and concerns of young adults. It involves working in close partnership with other organizations such as Cedars CanSupport and VOB-OC (Venturing Out Beyond Our Cancer) as part of a vibrant CancerFightClub Montreal community.

### *What accomplishments are you most proud of?*

As soon as I became Chair, I made it a priority to meet and interact with each of our Hope & Cope teams. It allowed me to understand their specific concerns and work closely with the Board and the Administration to respond to their needs.

One of my main goals was to bring in defined governance for Hope & Cope and a team approach to the administration. I am happy to report that this has been achieved.

We have hired a professional consultant to provide us with a process and direction for our fundraising efforts. Working with our team, she has helped us to create a clear system for identifying potential corporate partners with strong social responsibility mandates, matching our programs to their interests and obtaining stable, long-term

funding. Some requests have been made while others are in process and we are encouraged by the positive responses received thus far. It is very exciting. We will be providing these donors with regular reports on the impact of their generosity.

In memory of my husband Stephen, my family and I created a special project called iThrive. Stephen believed in the value of complementary therapies. He wanted to share this information so that all patients could take advantage of these wonderful programs. The first phase of iThrive is a bilingual brochure listing all of the therapies and support services available to cancer patients and their families at Hope & Cope and the Segal Cancer Centre. It will be completed in early 2014. We will follow this up by updating Hope & Cope's web site.

Working with Board and Administration colleagues, we are setting up a system of succession to keep Hope & Cope energized. This will ensure that we recruit current and future leaders who have creative ideas and the right skill sets to move Hope & Cope forward.

### *What are some of the main challenges facing Hope & Cope and how do you propose to meet them?*

Our main challenge is to identify individuals within our traditional donor base and the broader community who can assist us with fundraising. Hope & Cope enjoys an excellent reputation and great support. We need people who can help with follow-up phone calls to re-engage Hope & Cope's friends and others who are willing to do the work that it takes to help bring our creative fundraising ideas to life. One of the lessons that our founder, Sheila Kussner, has taught us, is the importance of the personal touch in fundraising. Reaching out takes time and effort, but the rewards are incredibly worthwhile. We will be happy to provide the training and motivation to volunteers who want to help us with the crucial task of fundraising.

It is a privilege for me to work at Hope & Cope. We will work hard to keep our programs alive, vital, and well supported. I look forward to an energized New Year where we will continue to find new and creative ways to help patients and families navigate the cancer journey.



## Executive Director's View

**A**s you read through this annual report, you will see many examples of partnership in action. This is not accidental, as the very notion of partnership has been central to Hope & Cope since its founding 32 years ago.

When Sheila Kussner first conceived of the idea of creating a resource centre for patients and their families staffed by professionals and manned by cancer-experienced volunteers, she understood that partnerships within the health care team were crucial to effective cancer care.

Over the years, as Hope & Cope expanded its clinical, teaching and research activities, we have formed productive and mutually beneficial partnerships with many local, regional and national organizations with a cancer care mission. These include, to name just a few: the Rossy Cancer Network (McGill University and its affiliated hospitals); CancerFightClub Montreal, a joint venture with Cedars CanSupport and VOBoc (Venturing Out Beyond Our Cancer) that provides recreational, social and educational programming for Montreal's young adult cancer community; the CURE Foundation, Abbot Nutrition, and the Quebec Breast Cancer Foundation.

As the number of cancer survivors continues to increase dramatically thanks to more effective screening, prevention and treatment, many of these survivors are dealing with long-term physical and emotional effects of treatment. There is greater recognition within the field of cancer care that by working together and tapping into each other's expertise, we can serve more people more humanely and certainly more cost-effectively. Hope & Cope's super-specialization in young adult programming (CancerFightClub) and oncology exercise rehabilitation (ActivOnco), is generating a great deal of interest as well as requests for further partnerships with major funding organizations and universities.

For quite some time, the need to broaden our sources of funding has been apparent. While we have always relied on the support of a very generous community – and will continue to do so – Hope & Cope's growth as an organization and our ability to meet the complex challenges of cancer survivorship will depend on long-term sustainable funding.

I am pleased to report that in the fall of 2013, we began the process of identifying foundations and corporate partners whose mission and values align with those of Hope & Cope. The innovative joint projects and partnership model that we are proposing is a winning formula for all concerned – for our partners, for Hope & Cope, and most importantly, for cancer survivors and their families.

— Suzanne O'Brien

## The Patient Experience: Hope & Cope's Involvement with the Rossy Cancer Network

**M**cGill University and its affiliated hospitals, the Jewish General, the McGill University Health Centre and St. Mary's Hospital Centre, have joined forces under the auspices of the Rossy Cancer Network to develop joint strategies for providing quality cancer care to all patients throughout their cancer journey.

Hope & Cope is proud to be involved in the network's "Patient Experience" work stream which aims to monitor the satisfaction of cancer patients and their families and to make changes to improve navigation, communication, and coordination of care throughout the network.

Hope & Cope's Suzanne O'Brien (Executive Director), Dr. Carmen Loiselle (Scientific Director) and Cathy Ammendolea (volunteer), have regularly attended meetings and provided information on the current needs and gaps in the trajectory of care based on personal experience and information they have learned from patients. They have helped the group identify five priority projects to enhance the patient experience while receiving cancer care. Dr. Loiselle is providing insights into how to best address these issues using current evidence and promising models of cancer care. Finally, Hope & Cope's Survivorship Program Coordinator, Hinda Goodman, was involved in a sub-committee looking at how to improve the waiting room experience. Further information on the Patient Experience work stream can be found on the Rossy Cancer Network website, [www.mcgill.ca/rcr-rcn](http://www.mcgill.ca/rcr-rcn). Hope & Cope is looking forward to continuing its involvement with the network in 2014.

— Gayle A. Shinder, Ph.D



### Partnership with Quebec Breast Cancer Foundation Brings Creativity to Life

Creative expression in a safe, protected environment takes centre stage every Tuesday morning at Lou's House – our Wellness Centre. Thanks to a generous grant from the Quebec Breast Cancer Foundation, women with breast cancer are encouraged to participate in this enjoyable and enlightening 3-hour class taught by psychologist and art therapist Violaine Dasseville.

Group art therapy provides a safe venue for the exploration of one's inner life and the emotions, conflicts, body image and unresolved issues that often accompany cancer. While the art activities are done individually, they are then shared with the group for the benefit of everyone.

As one grateful participant noted in her evaluation of the class,

*"This course allowed my creative side to come through so that I could find the joy that is so essential to healing."*

## Eating well thanks to



*Michael (Mihalis) Kyriakakis prepares a recipe from his native Greece.*

Understanding what foods will provide the best nutrition and knowing how to create easy, tasty and healthy meals is an important aspect of living well with and after cancer.

Last year, Hope & Cope entered into a five-year partnership with Abbott Nutrition. The company, which specializes in nutritional products, was eager to support Hope & Cope's nutrition program at Lou's House – our Wellness Centre.

This partnership continues to be a fruitful one – pun intended! In 2013, thanks in part to funding from Abbott, we were able to offer weekly cooking classes, a *Cuisines from Around the World* series using recipes made with Ensure™, lectures by oncology dietitians and our very popular *Weigh to Go* – an 8-week group weight loss class for patients who have completed treatment. This class, conducted by an exercise physiologist and a dietitian combines exercise and nutrition, providing patients with strategies and tips to lose weight gradually and safely.



## Holiday Gift-Giving with a Twist

Last December, the holiday season was brightened for patients in palliative care with a unique twist on gift-giving. Encouraged by Dr. Bernard Lapointe, Palliative Care Medical Director, and organized by Anna Feindel, Hope & Cope Palliative Care Coordinator, the project enabled patients to give presents to their loved ones.

The gift-giving was launched on November 28<sup>th</sup>, the start of Chanukah. Hope & Cope volunteers loaded a trolley with unwrapped gifts – fondu set, photo albums, kids toys, sketch books, hats and mittens, jewellery, dreidels (spinning tops), chocolate coins (also known as Chanukah gelt) etc. The gifts were collected and donated by the team's volunteers as well as the hospital community.

The gift-giving continued throughout the month of December, bringing special meaning and fulfillment to patients and their families for their last holiday together.

According to Ms. Feindel, the wife of a patient was overcome with emotion at the sight of the Chanukah treats and the gift her husband gave her. "This means so much to me, you have no idea. Thank you," she said through her tears. Her husband passed away 48 hours later.

Thank you to everyone who donated gifts and to the volunteers who collected and distributed them. If you would like to drop off a gift for next year, please contact Anna Feindel at 514 340-8222, ext. 3985, afeindel@jgh.mcgill.ca

## Mourning Walk Brings Comfort to the Bereaved

For Alice Lehrer, the Mourning Walk she facilitates every Thursday at 10 a.m. on Mount-Royal Park is the highlight of her week.

As its name implies, the walk brings together people who are grieving the loss of their spouses, parents, siblings and in some cases, children. "Most people who join are attracted to the idea of being outdoors in nature, which can be a consolation in and of itself," Ms. Lehrer explains. "Being with others in a similar situation, in a safe, protective environment, is very comforting for participants." Breathing in the fresh air and releasing endorphins through walking are added benefits.

While sharing is encouraged and often happens naturally, no one is forced to talk, and because they walk side-by-side rather than being seated face-to-face as in traditional support groups, participants find that the format of the Mourning Walk is a good fit for their personality. Issues brought up by participants include feeling angry at being abandoned or guilty for not having been with their loved one at the moment of death. "They ask questions like, 'When will I be ready to change my answering machine message?' and 'How do I reinvent my life?' Many times, I don't have to say anything at all. They help each other," says Ms. Lehrer.

A retired occupational therapist who enjoys the outdoors, Ms. Lehrer leads the group through various trails on the mountain. "On nicer days, we go deep into the woods," she notes. The hour-long walk, adjusted to the pace of the slower walkers, is followed by a half-hour of chatting (optional) over coffee and tea.

"It's very inspiring to see people who are grieving feel safe enough to vent, to share and to console each other," she concludes.

*To join the Mourning Walk either as a participant or a facilitator, please contact Robyn Wilkenfeld, Hope & Cope's Bereavement Coordinator, at 514-340-8222, ext. 8535 or 514-973-2254.*



*Alice Lehrer leads the Mourning Walk on a brisk winter day.*

## More Awards for Sheila

**O**n October 17, 2013, Hope & Cope Founder Sheila Kussner was honoured at the Jewish General Hospital Foundation's Annual General Meeting with the title of Director Emeritus. Mrs. Kussner is only the second person in the Foundation's history to be given this honorary title.

In announcing the honour, Foundation Chair Allen F. Rubin described Mrs. Kussner as the "guiding spirit and ferocious guardian of Hope & Cope who has fashioned an organization not only unique in its mission, but which also provides an indispensable service for cancer patients and the Hospital's cancer vocation. Over 25 years, together with her late husband Marvyn and the many volunteers and supporters she recruited to this cause, Mrs. Kussner successfully raised multi-millions of dollars to support the noble work of Hope & Cope."

One month later, on November 17<sup>th</sup>, Mrs. Kussner received the Outstanding Volunteer of the Year Award, one of several awards for excellence in philanthropy given by the Association of Fund-raising Professionals – Quebec section. Winners were selected by a jury chaired by **Charles Sirois**, Chairman of Telesystem, Chair of the Board of CIBC, and Founder and Chairman of Enablis, and the awards were presented at a special ceremony in conjunction with National Philanthropy Day. Mrs. Kussner, who received a standing ovation, was praised as an "outstanding motivator who has mobilized hundreds of volunteers and thousands of donors, raising millions of dollars for the development of psychosocial oncology in Quebec."

In accepting the award, Mrs. Kussner noted that, "Volunteering has always been, and continues to be, a labour of love. To reach out to those in need is the essence of what makes us human."



*Jury member Ugo Dionne presents the AFP Outstanding Volunteer of the Year Award to Sheila Kussner.*

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## Peer Support Makes a World of Difference

**U**nquestionably, Hope & Cope's peer mentor program is one of our most successful and "in demand" services. It is a buddy system, where volunteers give support to patients by phone on a one-to-one basis.

Peer mentors are cancer survivors, matched as closely as possible to patients by type of cancer and, whenever the need arises, by primary language and culture. Support to caregivers is also available.

Providing this service by phone proves to be quite useful in several instances: it reaches patients who live too far to join support groups, patients who are more comfortable in a one-to-one setting, as well as those who do not speak either English or French.

Fortunately, we have a large pool of volunteers willing to share their experiences in this way. Currently, the peer mentor program relies on 103 Hope & Cope volunteers (including those who mentor the bereaved) who handled 100 new cases in 2013 as well as additional cases carried over from the previous year.

Through outreach to others, sharing their own experience with cancer, and offering support with insight, empathy, understanding and information, peer mentors accomplish a double mission: they offer hope to newly diagnosed patients and at the same time, they turn their own experience into a helpful and constructive one.

The mere fact that peer mentors have "walked the path", and, in a majority of cases, shared the same type of cancer, greatly validates the information, advice and support they provide – and in a way that well-meaning family and friends cannot.

Through their personal contact, peer mentors relieve some of the

anxiety and loneliness by offering patients a sense of truly being listened to and understood.

In addition, the fact that they have survived cancer offers the kind of hope that can only stem from seeing or hearing someone who has successfully made the journey that they themselves are about to begin – a journey towards recovery.

Patients are now asking for peer mentors not only by cancer type, but by treatment protocol. Many of our volunteers were treated successfully with approaches that are somewhat different to or no longer used, so when patients need up-to-date information or a similar treatment trajectory, the match becomes more challenging.

That being said, we have a great asset in our Survivorship Program Coordinator Hinda Goodman who manages, most of the time, to fulfill patients' needs and requirements because of her knowledge of new treatments, resourcefulness and contacts with the oncology team at the Jewish General Hospital.

— Serena Black

## IN MEMORIAM

### Marvyn Kussner

February 21, 1930 – June 5, 2013

On June 5<sup>th</sup>, Hope & Cope Board Member Emeritus Marvyn Kussner passed away after a long battle which he fought with great courage and dignity. He died peacefully at home, surrounded by his loving wife of almost 60 years, Sheila, his children and grandchildren.



Marvyn Kussner was a source of tremendous strength, encouragement and devotion to Sheila, supporting all her efforts on behalf of cancer patients and their families. As a member of Hope & Cope's Executive Advisory Committee since its inception, he was a highly effective leader and fundraiser.

Born in Montreal, Marvyn Kussner began his lifelong commitment to philanthropy as a teenager, becoming president of the Youth Division of Combined Jewish Appeal at the age of 15. He later became involved in the Young Entrepreneurs Division, where he served as vice president of its fundraising campaign. Mr. Kussner also served as president of the Masonic Lodge of the Covenant. In the 1970s, he joined the Montefiore Club, an association of outstanding Jewish community leaders who excelled in their respective fields. He served as president of the Montefiore from 1991-1993. When the association regrettably closed its doors after 150 years of service, Mr. Kussner spearheaded a project to collect and house its archives at the Jewish Public Library.

His crowning achievement was the establishment of PROCURE, a Quebec based organization dedicated to raising awareness and furthering research into prostate cancer. In addition to operating a bilingual web site with detailed information about this disease, PROCURE's main goal is to raise funds for the creation of a biobank that will collect, process and store the highest quality biological materials (prostate tissue, blood and urine) and related comprehensive information from men with prostate cancer and those at risk, and to make this material available for the widest possible range of clinically meaningful prostate cancer research.

Above all, Marvyn Kussner was a man of great character, courage and integrity, who earned the admiration and respect of all who knew him.

## The *En famille* Family Is Growing

Hope & Cope's *En famille* program has become a vital resource for many families with children under the age of 18. It provides the tools, information and emotional support needed to help manage the impact of cancer on the lives of parents and their children. Founded in 2009 by Eric Gralnack, Neil Mardinger, Lionel Soussan, and Lawrence Paperman, the program has evolved greatly through their fundraising efforts.

Every week, *En famille* staff coordinator Sandy Lipkus and stagiaire Rifka Hanfling distribute comprehensive kits with information to help parents explain cancer in age appropriate ways. The kits are available in English and French and have broadened to include such topics as how to talk to your child about death. A third kit on speaking to children when a parent is in palliative care will soon be available. "It's a lot of work," says Ms. Lipkus, "but it's a very needed service. We have sent kits across Canada and to other hospitals. We're getting more and more referrals from the social service department and oncology nurses and doctors." Since 2010, *En famille* has reached 262 families.

Ms. Lipkus is proud of *En famille*'s latest initiative, the meal program. Kerry Kaufman coordinates a team of volunteers who cook and deliver meals either to patients' homes or to a freezer bought for this purpose and kept at the hospital. These frozen meals are given to patients after their chemotherapy or radiotherapy treatments so that they can return home with a hot meal for their families. The distribution has increased from 42 meals in 2012 to 154 in 2013. "When they go home at the end of the day and give their families a hot soup, a main course with cake for dessert, and a toy, it makes such a difference," says Ms. Lipkus. Meals for the holidays include gift bags with toy donations.

Ms. Lipkus has a lending library in her office and partners with Librairie Garneau for books in French. She also uses an educational Kimmie Care doll to comfort children and explain their parents' illness.

*En famille* hosts a BBQ every summer at the Wellness Centre. "We have art activities and outdoor games. It's a nice community," Ms. Lipkus explains.

The Compassionate Fund is another welcome service. "We help people pay for bus passes, groceries, school supplies, daycare and summer camps. It's really a wonderful project."

If you are interested in helping with the meal program or special projects or would like to donate, contact Sandy Lipkus at 514-340-8222 extension 2591.

— Mariam Bowen



↑ Children enjoy the art activities at the Family Day BBQ.

Sandy Lipkus sorts through donations. →



## Reaching Out to Young Adults

Our young adult programming continued to grow over the past year, attracting new participants and broadening its reach. The program consists of CancerFightClub.com, a web site and on-line community managed entirely by Hope & Cope, and CancerFightClub Montreal, a joint venture with Cedars CanSupport (McGill University Health Centre) and an organization called VOBOC (Venturing Out Beyond Our Cancer) that brings young adults together for retreats, educational workshops, social and recreational gatherings.

CancerFightClub.com, launched in May, 2012 by Hope & Cope, is an online support program designed specifically to provide adolescents and young adults (AYA) with cancer easy access to age-appropriate resources through the availability of an online community as well as health care professionals. This web site helps participants find the support they need to “fight the fright” 24 hours a day, from the comfort of their own homes.

At a Town Hall meeting in October 2013, the young adult community gathered to offer their feedback on the CancerFightClub web site. Responses were positive and enthusiasm for the web site unanimous. Many of the suggestions for improvement are to be implemented in 2014. The social media presence of the group is growing as well, and can be followed on Twitter @cancerfightclub and on Facebook at: [www.facebook.com/thecancerfightclubcommunity](http://www.facebook.com/thecancerfightclubcommunity)

This past year, CancerFightClub Montreal hosted two young adult retreats. Through this unique partnership, a variety of workshops and community events were held as well. In November, in an effort to meet the challenges faced by young adults living with advanced cancer – a demographic that receives very little support across Canada – CancerFightClub piloted Canada’s first ever “advanced cancer” retreat. This highly successful 3-day retreat was attended by participants from Rimouski, Toronto and from our Montreal community.

We bid farewell to Scott Adams, one of the founders of



*Celebrating a birthday at the advanced cancer retreat.*

CancerFightClub, who went to the University of Alberta to pursue a PhD program, and said hello to Emily Drake, the new Young Adult Program Coordinator and Director (Acting) of CancerFightClub. Emily completed her Master’s degree in health promotion at Dalhousie University and focused specifically on young adult cancer survivors and their experience with sexuality. She has over five years of young adult cancer research experience, has published in this area and has managed psychosocial oncology research labs. A blogger for the Huffington Post’s (US) Health Living Generation Why section, she blogs regularly about young adult cancer issues (<http://www.huffingtonpost.com/emily-drake/>).

— Emily Drake



## Music ... the Medicine of the Mind Bringing Music into the Lives of Cancer Patients

For many, music with its melodies and joyful sound brings about an escape from normal, everyday life. Turning on the radio on a drive home in traffic somehow seems to make that drive more bearable. Music can also add that extra bit of punch needed to get up in the morning and face the day. There is no denying the positive benefits and influence that music can have on a cancer patient’s state of mind.

MusicSoonLife is a program that was created with the sole purpose of providing cancer patients at Montreal hospitals with the medicine of the mind - music. Cancer patients hospitalized for an extended period of time are given iPods filled with their favourite tunes. The music is chosen by the patient and is updated according to their personal musical tastes. The program, which was established by Steven Azoulay, is dedicated to the memory of his cousin, a young beautiful and joyful girl who once danced her way through

life. Her nickname was “Soon”.

“It’s strange, but while Soon was in the hospital battling cancer, I never thought of playing music in the room,” said Azoulay. “And then, at the end of her treatment, I noticed the calming effect it had on her spirit.”

After Soon’s passing, Azoulay started a fund in her name at the Jewish General Hospital. “I tried raising money but it was rather difficult,” explained Azoulay. “There are so many foundations created in people’s memories that I knew I needed to do something special in order to make a difference.”

MusicSoonLife was launched at the Jewish General Hospital in December 2012. Many iPods have been distributed already with the project continuing to take on new life and growing.

Reactions so far are very positive. “People are excited,” said Azoulay. “Kids love the idea of getting a new iPod and the older generation takes comfort in having some-

one else download their favorite songs. I saw how tough the cancer treatment was on a resilient young girl. It is extremely important to be mentally strong, especially when the body is weak. Therefore, we have created a program that every cancer patient can benefit from.”

Participants in MusicSoonLife receive a playlist service provided by Hope & Cope volunteers with the hospital visiting team. The list allows patients to update and manage their music. “Soon’s cousin, David Levy, is the man behind the music,” explains Azoulay. “He makes sure all iPods are loaded and delivered. Music is purchased with the donation money and we accept used iPods as well. All donated iPods are authentic, restored to factory condition or are Apple certified.”

*For more information on MusicSoonLife, or to make a donation please visit [musicsoonlife.com](http://musicsoonlife.com).*

— Mireille Alvo

## Patient Experience

As Scientific Director, Dr. Carmen Loiselle has expanded the scope of the research activities at Hope & Cope so that they are “increasingly aligned with provincial, national and international priorities in cancer care where the patient experience is now at the forefront of new developments.” Dr. Loiselle has six master’s students and three doctoral students conducting projects looking at patient experiences at the Segal Cancer Centre and with Hope & Cope. One of her research programs focuses on how patients obtain information and access to care with the help of health care professionals (Professional Navigation), peer support (Peer Navigation) and the computer (Virtual Navigation). For example, her group has been looking at the use of a virtual navigation tool, the Oncology Interactive Navigator™ (OIN). In 2012, they published a paper showing that oncology team members had a positive perception of this tool with regards to its accessibility, the information it provides, and its potential to enhance communication and trust between the health care professional and the patient as well as between the patient and family (K.R. Haase and C.G. Loiselle). A second study published in 2013 focused on the opinions of patients with colorectal cancer and melanoma regarding the OIN (C.G. Loiselle, O. Peters, K.R. Haase, L. Girouard, A. Koerner, D. Wiljer and M. Fitch). The general feedback from those who participated in this study was that the tool provided a wealth of high quality information which greatly enhanced their knowledge about cancer, allowing them to become more informed participants in their cancer care.

## Job Satisfaction among Hope & Cope Volunteers

In early 2013, a study looking at the job satisfaction among volunteers with personal cancer experience was published (T. Fitzpatrick, L. Edgar, J. Remmer and M. Leimanis). It showed that the volunteers had a high level of job satisfaction which was based on their feeling of (i) personal growth, (ii) the opportunity to work in a challenging environment (iii) the opportunity to learn and (iv) the opportunity to give back because of their own experience with cancer.

— Gayle A. Shinder, Ph.D

## ActivOnco (formerly REOP)

*A randomized controlled trial on the effects of a progressive exercise program on the time course to recovery following radiotherapy in young adults with breast cancer.*

Principal Investigators on this study are radiation oncologist Dr. Thierry Muanza and Clinical Director of Hope & Cope’s ActivOnco program Mary-Ann Dalzell, with Activ-Onco’s Marize Ibrahim and radiation oncology’s Beatrice Fournier as co-investigators. As well, Dr. Loiselle’s post-doctoral fellows, Drs. Julie Lapointe and Ana Maria Rodriguez will be conducting the data analysis.

Greater numbers of young adults aged 18 to 45 are being diagnosed and treated for breast cancer, a disease that is more aggressive in this population, therefore necessitating more aggressive treatments. Younger patients receive an additional boost dosage of radiation to prevent recurrence, and this may contribute to the incidence of radiation fibrosis – a condition in which fibrosis may develop resulting in more dense breast tissue leading to pain, significant hardening of the tissue, inflammation and shoulder movement limitations. Since symptoms may not appear for months after treatment, it is imperative to identify prognostic factors and provide interventions aimed at preventing pain and upper limb dysfunction in this patient population.

The study is a randomized controlled trial in which one group of women (the control group) is to receive standardized advice on the benefits of an active lifestyle including exercise without a specific intervention, while the other (the intervention group) is given a 12-week post radiation exercise program that is carried out in the gym at Lou’s House under the supervision of Anouline Sintharaphone, Exercise Program Coordinator, and the ActivOnco team. The goal is to determine whether this exercise program can help reduce inflammatory cytokine levels and minimize the incidence of delayed radiation fibrosis, residual pain and upper limb dysfunction. Forty-four patients have been recruited as of December 2013, with preliminary analysis pending for publication purposes.

Another study just getting started is looking at the impact of chemotherapy on bone health in women with breast cancer. Julie Lapointe will be leading this research, under the direction of Dr. Loiselle and Mary-Ann Dalzell.

Many cancer treatments are damaging to the bones. Chemotherapy and several hormone therapy agents, for example, disrupt bone marrow cells, resulting in reduced bone mass and increased risk of osteoporosis and fragility fractures. Premenopausal women treated with these therapies are particularly at risk; their bone loss is up to three times more than the bone loss caused by natural menopause. The objective of this study is to assess the effect of a tailored transdisciplinary intervention on preventing bone loss, osteoporosis and fragility fractures in premenopausal women treated for breast cancer.

— Hena Kon



Photo: David Bettio

*Left to right: ActivOnco physiotherapist Marize Ibrahim with radio-oncologist Dr. Thierry Muanza and radio-oncology research associate Beatrice Fournier.*



Funding for these studies generously has been provided by the CURE Foundation.

32 years of existence ... sharing our knowledge throughout the continent and around the world



## Presentations at professional conferences in 2013

**Bowen, Mariam and Kecman, Marcelle.** *L'espoir, c'est la vie : un modèle innovateur de soutien communautaire. (Hope & Cope : an innovative model of community support)* Invited presentation. Survivance au cancer : place aux saines habitudes de vie. (The role of healthy lifestyles in cancer survivorship.) Symposium sponsored by the Agence de la santé et des services sociaux (ASSS) de Chaudière-Appalaches and Université du Québec à Rimouski, campus de Lévis (Quebec), October 25, 2013.

**Dalzell, Mary-Ann.** *Prévention et mise en forme pour les personnes atteintes d'un cancer: ActivOnco.* Invited presentation at Les pratiques exemplaires du réseau de cancérologie du Québec, hosted by la Direction Québécoise de Cancérologie, November 22, 2013, Montreal.

**Drake, Emily and Lang, Mike.** *Reflect. Refocus. Rebuild. Live: The Therapeutic Process of Survive & Thrive Expeditions* (Abstract). First place, AYA Cancer Innovation and Research Award for Models of Care Partnerships, Critical Mass Annual Conference, Cleveland, Ohio, November 6-8, 2013.

**Goodman, Hinda.** The COVE Project-Computerized Oncology Volunteer Enrichment. Poster presented at the CPEN (Cancer Patient Education Network) Conference, Seattle, Washington, April 18-20, 2013.

**Loiselle, C.G.** "The Canadian PORT (Psychosocial Oncology Research Training) Program Reaches To International Partners". Oral presentation. Canadian Association of Nurses in Oncology Annual Conference, Vancouver, B.C., October 21, 2013.

**Loiselle, C.G.** "Person-Centred Virtual Navigation in Cancer Care: Pathways to Patient Empowerment". Oral presentation. Canadian Association of Nurses in Oncology Annual Conference, Vancouver, B.C., October 20, 2013.

Arbour, C., Gélinas, C., Ross, M., Razek, T., Bourgault, P., Loiselle, C.G., Gursahaney, A., Stone, C., & Choinière, M. (2013). The bilateral Bispectral Index

(BIS) - a new approach for the detection of pain in patients with a traumatic brain injury. American Association of Critical-Care Nurses (AACN), National Teaching Institute and Critical Care Exposition, Boston, Massachusetts, May 18-23, 2013.

**Loiselle, C. G.** (2013, April 24). Person-centred virtual navigation in cancer care: A theoretically-grounded mixed method approach to documenting its impact. Oral presentation, Canadian Association of Psychosocial Oncology (CAPO) Conference, Ottawa, ON, Canada.

Haase, K.R., Lau, G.J., Peters, O., & Loiselle, C.G. (2013, April 24). Exploring multiple stakeholders' views on virtual navigation cancer care. Oral presentation, Canadian Association of Psychosocial Oncology (CAPO) Conference, Ottawa, ON, Canada.

Lau, G.J., Haase, K.R., & Loiselle, C.G. (2013, April, 24). Engaging health care providers to optimize patient virtual navigation in cancer care: Challenges and opportunities. Oral presentation. Canadian Association of Psychosocial Oncology (CAPO) Conference, Ottawa, ON, Canada.

**Shallwani, Shirin.** 2<sup>nd</sup> place, poster presentation, Canadian Lymphedema Conference, October 25-26.

**Shallwani, Shirin.** The Rehabilitation & Exercise Oncology Program (REOP): Optimizing Cancer Survivorship, Canadian Association of Psychosocial Oncology (CAPO) Annual Conference, Ottawa, April 24, 2013.

**Smirnow, Nadia and Sintharaphone, Anouline.** *Prévention et mise en forme pour les personnes atteintes d'un cancer. (Prevention and fitness for cancer patients.)* Workshop presented at a conference entitled Les pratiques exemplaires du réseau de cancérologie du Québec, hosted by la Direction Québécoise de Cancérologie, November 22, 2013, Montreal.

## Hope & Cope Shares Its Expertise

On October 25, 2013, Hope & Cope Wellness Centre Manager Marcelle Kecman and volunteer Mariam Bowen gave a well received French presentation at "Survivance au cancer: place aux saines habitudes de vie." This symposium was sponsored by the Agence de la santé et des services sociaux (ASSS) de Chaudière-Appalaches and Université du Québec à Rimouski campus de Lévis.

Among the 200 attendees were regional doctors, nurses, nutritionists, kinesiologists and representatives of community organizations along with cancer survivors and managers of the healthcare system in Chaudière-Appalaches.

Workshops and presentations covered a range of topics such as the role of exercise and nutrition in cancer survivorship as well as an authoritative presentation by distinguished researcher Margaret Fitch, MScN, PhD, from Sunnybrook Health Sciences Centre.

Mrs. Kecman shared Hope & Cope's story of success, explaining how it runs its programs and recruits its volunteers and Ms. Bowen gave her testimony as a cancer survivor who has been involved as a volunteer for over 10 years. Both women participated in an inspiring round table discussion at the end of the day answering questions from members of the audience who expressed their admiration for Hope & Cope's expertise.

— Mariam Bowen

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Receive our newsletter  
via email in PDF format

We value every single donation  
to Hope & Cope.

We value every single donor.

We want to ensure that more of your hard earned dollars will go towards our innovative programs and services for cancer survivors and their families instead of going to Canada Post!

You can help reduce our costs by signing up to receive this newsletter via email. Just send your email address, with "Newsletter PDF" in the subject line, to: [hkon@jgh.mcgill.ca](mailto:hkon@jgh.mcgill.ca)

## ActivOnco: New Name and New Direction for Hope & Cope's Exercise Oncology Program



*Mary-Ann Dalzell, Clinical Director of ActivOnco, counsels a patient in the gym at Lou's House – our Wellness Centre.*

Over the last two decades, more and more studies show the benefits of exercise for cancer survivors but there are few programs to which people can be referred. The Jewish General Hospital's Segal Cancer Centre is leading the way with Hope

& Cope's ActivOnco (formerly known as REOP) run by Clinical Director Mary-Ann Dalzell, MSc. Pht. "It's an astounding success," she says. "Five physiotherapists and two exercise physiologists specializing in cancer rehabilitation work seamlessly between the hospital and the Wellness Centre."

Ms. Dalzell has reason to be excited. Her team recently received a significant grant (over \$100,000) from the CURE Foundation to study breast cancer patients with bone fragility and metastases as well as to continue its study on radiation fibrosis in the Adolescent and Young Adult (AYA) community. There are currently 45 young adult women enrolled in the pilot study on radiation fibrosis, and preliminary results are pending analysis. (For more details, see Research Corner story, page 8.) "Both are very innovative programs", she explains. "The radiation fibrosis study is being conducted in partnership with Dr. Thierry Muanza. Young adults have been found to develop greater arm stiffness, loss of strength and function following treatment and we are studying the effectiveness of introducing an exercise intervention immediately following radiation treatments to reverse these effects".

The bone health study defines what type of exercise is needed to improve bone stock for bone fragility brought on by treatment. "Cancer treatments can weaken the natural

composition of the bone and cause osteoporosis, particularly in young premenopausal patients and post menopausal women who have had previous issues with bone fragility before their diagnosis. The exercise therapies are designed to help the bone recover naturally," she elaborates. Ms. Dalzell and Dr. Julie Lapointe, a post doctoral fellow under the supervision of Dr. Carmen Loiselle, are also involved in designing a risk-management protocol. "There is a need to identify patients at risk for fracture and how to prevent it from happening," she says. Dr. Gerald Batist, Chief of Oncology and Director of the Segal Cancer Centre, has given his full support to these initiatives.

Last November 22<sup>nd</sup>, a plenary session presentation and workshop coordinated by the ActivOnco team at the 2013 Congrès de la Direction québécoise de cancérologie was very well received and set the groundwork for implementing this type of program at other centres in Quebec. Hope & Cope also is working on a partnership with the Quebec Breast Cancer Foundation to further this goal.

— Mariam Bowen

*For statistics on this program, please see page 15.*

## Looking Good, Feeling Better

Hair loss, body image and loss of self-esteem are among the biggest challenges facing cancer patients. In 2013, more than 110 women undergoing treatment at the Jewish General Hospital's Segal Cancer Centre benefitted from the guidance and expertise of volunteers with the *Look Good, Feel Better* (LGFB) program

Monthly workshops, managed by a team of eight Hope & Cope volunteers, are held at the JGH. As a host site, our team is responsible for planning and scheduling, purchasing materials, making phone calls to confirm attendance, assisting the LGFB experts during the workshop and promoting this exceptional program within the hospital.

These free, two-hour, hands-on workshops help women to master simple cosmetic techniques, explore hair alternatives, and learn about cosmetic hygiene, nail and skin care. Participants take home a complementary

kit of cosmetics and personal care products generously donated by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA).

One of our goals this past year was to improve the efficiency of the program in order to increase participation and ensure that all women who are interested have access to these supportive and informative workshops. With this in mind, in the fall of 2013, the Hope & Cope team hosted four luncheon sessions where 100 oncology staff met with the Quebec regional and Canadian national managers of *Look Good, Feel Better* to learn more about the program and brainstorm ways to promote it within the hospital.

For more information, please contact Hinda Goodman, Hope & Cope Survivorship Program Coordinator, 514 340-8222, ext. 5531, hgoodman@jgh.mcgill.ca

— Evelyne Garceau



*Roz Baum, Joan Michetti, Evelyne Garceau, Rebecca Lupkoski, Sonia Manalo and Anab Abdi create a welcoming atmosphere.*

## Guy Corneau Draws an Appreciative Crowd to Hope & Cope's Annual Survivorship Day Celebrations

**O**n June 17<sup>th</sup>, best-selling author and motivational speaker Guy Corneau shared his insights as a stage 4 cancer survivor at a free public lecture hosted by Hope & Cope and generously sponsored by the Pharmaprix Quartier Cavendish Tree of Life Campaign.

*Revivre! (To live again)*, the title of his sixth book, was the theme of his presentation, given entirely in French with simultaneous English translation. A gifted communicator, actor, playwright, theatre director and Jungian psycho-analyst, Mr. Corneau described his spiritual and psychological journey, offering tips and strategies for living as fully as possible with and beyond cancer.

His presentation was followed by a book signing and dessert reception. Judging by the many people who waited patiently to speak with Mr. Corneau after his talk and to have their books autographed, the event was a great success.



*Lining up to get their books signed by Guy Corneau.*



*Service with a smile, left to right: Jack and Essie Rosenthal, Marilyn Cherniak, Thelma and Issie Malamud, Leon Carson, Bernie Aronson.*



*The organizing committee with the guest speaker, left to right: Suzanne O'Brien, Lucienne Namer, Lillian Vineberg, Marcelle Kecman, Survivorship Day Chair Lynda Lubin, Guy Corneau, Nancy Wiseman, Faigye Bard, Hinda Goodman, Jessica Miller, Hena Kon, Lora Tombari.*

# Soirée Fantastique Celebrates Heroes at Annual Gala

On Tuesday, August 20<sup>th</sup>, our *Soirée Fantastique 2013* shone a spotlight on ordinary heroes and the extraordinary organization that is by their side from the moment of diagnosis and every step of the way, helping them to live well with and beyond cancer.

Under the chairmanship of Michael Flinker, the gala featured cocktails followed by a gourmet dinner, catered by Jose Dos Santos and his team at Congregation Shaar Hashomayim. The dinner was graciously sponsored by Dianne and Aldo Bensadoun and Marlene and Joel King, with Hyman Polansky picking up the tab for the wines. Stunning floral centrepieces that graced the tables as well as the lobby were donated free of charge by Main Florist, Flore, Westmount Florist, McKenna, Anat Design and L'atelier fleurs.

The superb show combined riveting video segments in which patients shared their stories, with live performances by a variety of local talent. The massive 70 foot screen – a backdrop to the stage – enabled everyone in the grand ballroom to be swept up by the powerful video testimonials and the live performances. Twelve-year old musical prodigy Daniel Clarke-Bouchard showed off his prowess at both the classics and jazz, singer Jodi Lazarus brought the audience to its feet with her rendition of *Hero*, while opera star Gino Quilico entertained with classics such as *Arrivederci Roma*, *You'll Never Walk Alone* and *Hallelujah*, accompanied by the Voices of Hope Choir, comprising cancer survivors who rehearse weekly at Lou's House – Hope & Cope's Wellness Centre. Dancers Pierre Hardy – who teaches a weekly jazz dance class at Lou's House – and Linda Sirkos entertained with their original choreography. Susan Wener and Jason Freder provided live testimonials about the profound impact that Hope & Cope's unconditional support has on patients and their caregivers.

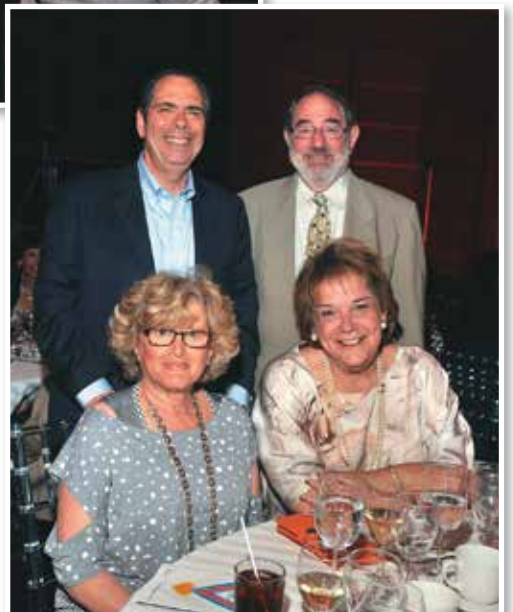
In his remarks, Mr. Flinker paid tribute to the memory of Marvyn Kussner, who passed away in early June. "It was Marvyn who supported Sheila's dream of creating Hope & Cope, and it was Marvyn who was Sheila's most ardent champion ... What Marvyn taught me is that in the face of cancer, heroism is not so much about grand gestures – although these are certainly important – but about the simple act of reaching out to others. Marvyn's lasting legacy was his ability to inspire the hero in us all."

Hope & Cope Chairman Lillian Vineberg thanked Hope & Cope's many heroes, from the patients themselves, who face each day with courage, to the caregivers, volunteers and staff who accompany them on this frightening journey, to the canvassers who ensured the success of the *Soirée*, to the donors who make it all possible.

Dr. Gerald Batist described the growth, in parallel, of Hope & Cope and the Department of Oncology, noting how both continue to share the same goal: to do whatever is necessary to help cancer patients through the experience. As we enter a new era where personalized cancer treatment is becoming possible, "Hope & Cope is there with strong academic programs, serving as an international model, aligned with the vision and values of the Segal Cancer Centre," said Dr. Batist.



Photos: Howard Kay



# Recognition and Reflection at Combined Annual General Meeting and Volunteer Social

**O**n June 10, 2013, volunteers gathered at Le Living Room to catch up with old and new friends, to applaud colleagues who were recognized for their long service and to learn more about the achievements, the priorities and the challenges facing Hope & Cope.

The event was a triple-header of sorts, combining our Board and Trustees Meeting, our Annual General Meeting and our Volunteer Social, with close to 150 people in attendance. Board members were impressed with the pride of the volunteers, the substantive reports and the welcoming atmosphere.

In her opening remarks, Hope & Cope President Nancy Wiseman noted that what makes the job of president so meaningful is the "creativity, dedication and talent of our amazing volunteer body and staff, the support and encouragement of our generous donors and the courage of cancer survivors and their families, who are the inspiration for everything we do."

Chairman Lillian Vineberg echoed this theme by calling volunteers the heart of Hope & Cope. "You are a lifeline for patients and their families ... You are living examples of healthy survivorship ... Above all, you are genuinely passionate about what you do."

As always, the long service recognition ceremony was a highlight of the evening, as volunteers with 5 years of service received a gold butterfly pin while those with 10, 15 and 20 years of service received certificates. Volunteers who had retired in the past year were acknowledged and thanked for their dedication, while members of the 90+ club (Norma Perlman, Sali Porper, Phyllis Waxman) received a special round of applause.



*20 years: Norma Perlman and Tsippy Wexler.*



*15 years: Presenters Phyllis Waxman and Jessica Miller with Suzanne Asselin, Louise Goldstein, Beryl Fraenkel, Debbie Bridgman, Joan Ungar. Absent from photo: Stanley Gold.*



*10 years: Barbara Knobovitch, presenter, with Lucy Fazio. Absent from photo: Eric Gralnick, Carole Kahn, Zulma Nelly Martinez.*



*5 years: Back row, left to right: Sylvie Grégoire, Charlene Freiger, Arlene Walters, Jeannette Singerman, Angela McQuillan, Ida Teoli, Ronald Grossman, Marvin Rusk, Vincenzo Guzzo. Seated: Jack Hazan, Gisèle Rouben, Galina Dorfman, Peggy Emslie, Estelle Rosenthal. Absent from photo: Roslyn Baum, Steve Benjamin, Diane Boyer, Dina Canzer, Rosa Caporicci, Julie Couture, Michèle Hekimi, Barbara Hops, Lynda Lubin, Chelsea Mayoff, Simonne Pelletier, Monica Porper, Neri Rizzo, Brauna Rosen, Sharon Rubin, Richard Sears, Niki Sevastian Liarikos, Tracy Shafter, Ashley Tabbah, Ruth Wani, Shelley Yaffe.*



# 2013 Statistics

## Hope & Cope profile

Total new referrals	1,284
Patients	80%
Female	65%
Age 51+ years of age	79%
Age AYA (young adults)	21%
Newly diagnosed	50%
Peer Support # of on-going cases	258
Oncology In-Patient visiting referrals	279
Palliative care visits (approximate)	7,644
# of bereavement referrals	534

## Wellness Centre – Lou's House profile

New referrals	274
# of participants attending WC activities	609
# of classes (classes incl. the following programs: Creative Therapy, Education, Mind & Body, Nutrition, Physical Activities)	990
Total activities attendance (excludes gym)	6,425
<b>Gym</b>	
New referrals	238
Evaluations of participants completed	87%
Gym attendance	4,552 (16% increase from 2012)

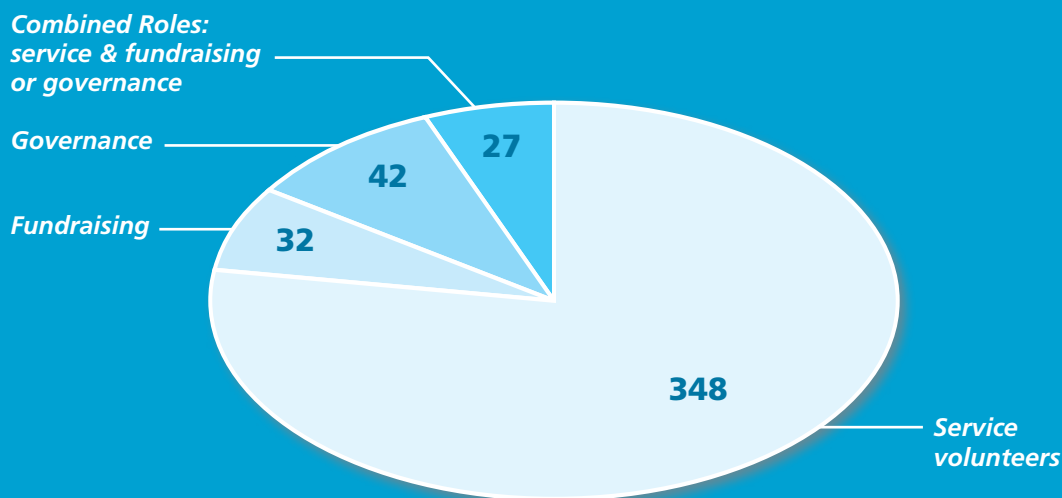
## ActivOnco (formerly REOP) profile

New referrals	402
Female	64%
Age 51+ years of age	69%
Newly diagnosed	42%
Active Patients	927
# of active patients with 1 - 6 follow ups	493
# of active patients with 7+ follow ups	113

## Other key highlights

Attendance at Lectures / Special Events (29)	2,104 (70% increase from 2012)
Practical resources supplied to patients (wigs, head coverings, blankets etc.)	2,340 (38% increase from 2012)
<b>En Famille Program:</b>	
# of new referrals	93 (8% increase from 2012)
En Famille Resource Kits	107 (127% increase from 2012)
Meal program: # of families receiving meals	60 (66% increase from 2012)
# of meals distributed	154

## Volunteer Statistics



Hope & Cope Volunteer Categories  
Number for 2013 N = 449

## CancerFightClub: Knockout!

Hope & Cope's CancerFightClub was back last spring with a knockout party on Saturday, May 4, 2013 at Espace Réunion. A boxing ring took over the centre of the room where much of the action took place. Nineteen amateur boxers and former Heavy-Weight Champion Otis Grant participated in live boxing matches. The matches consisted of two 90-second rounds with 16 oz. boxing gloves. Prior to the event, a peer-to-peer website was set up to allow each participant to raise a minimum of \$2,000 as well as sell 10 tickets.

Participants of the night included: Jeffrey Burt, Mark Colangelo, Chaim Edelstein, David Elfassy, Lloyd Feldman, Diana Fellen, Arnold Fox, Richard Frishman, Robert Hirscheimer, Marc Kimmel, Justin Klumak, Eric Ladenheim, Sandrine Lavallée, Robert Mendel, J.J. Maislin, David Sigal, David Wiseman, Val Wiseman, Michael Witt and Otis Grant. Together, they raised over \$50,000 and sold over 400 tickets.

Aaron Rand of CJAD was on hand to MC the live auction which raised \$2,000, and

the DJ kept the party rocking all night long.

Scrumptious food was donated by: Wings'n'Things, Dunn's, Ryu, Bofinger, Bice, Kono Pizza, Miss Prêt à Manger, L'orchidée de Chine, Pammy Cakes, Rustique Pie, Cine Stars, Swurl, The Living Room, Dawn's Desserts, Sami Fruits, and Hype. Java-U and Ron Mofford provided great food service and an open bar.

This year's CancerFightClub: Knockout! committee consisted of Event Chair Marla Fox-Hirscheimer, Cristelle Basmaji, Brian Becker, Terry Kaplan, Daniel Khazzam, James Lavinkas, Ron Nessim and Hope & Cope President Nancy Wiseman.

"CancerFightClub was a remarkable success because of the participants," said Mrs. Wiseman. "Men and women who were eager to raise money and box in public for a worthy cause, survivors proudly serving as ring girls displaying round cards with FightClub slogans, volunteers who were thrilled to generously contribute and take part and get the FightClub message out there, and a community that embraced

FightClub's work and the event which was filled with pure excitement."

A special thanks goes to Otis and Howard Grant from Grant Brothers Boxing Gym and Herby Whyne from Hard Knox Boxing Gym, ring announcer Jason Kisber and venue co-ordinator Emmanuel Amar.

A total of \$180,000 was garnered from this event. Proceeds were directed to CancerFightClub.com, an innovative Hope & Cope initiative that provides vital support to young adults, aged 18-39, who are struggling to live well with cancer. This on-line community, accessible 24 hours a day, seven days a week, gives young adults quick and easy access to hundreds of age-appropriate resources, as well as the chance to engage and connect with each other, to share their stories, to have their questions answered by health care professionals and most importantly, to find the support they need to "fight the fright" of cancer.

— Mireille Alvo



Members of the FightClub Montreal community show their support.

Photos: Howard Kay



↑ Committee members Nancy Wiseman, Marla Fox-Hirscheimer, Cristelle Basmaji, Terry Kaplan.

← Val Wiseman, former body building champion, Herby Whyne, trainer, Otis Grant, boxing champion.

## Walk-a-thon Raises Funds One Step at a Time for a Total of \$69,000



*ActivOnco physiotherapist Daniel Vales (2<sup>nd</sup> from right) at the walk-a-thon with Carlos Faria, Venilde Moniz and Allan Murray.*

For the sixth year in a row, Alex Trichas along with Nick, Chris and Andre Dimopolous, owners of **Dorval, Sources and St. Henri Auto Parts**, organized and hosted a walk-a-thon in support of Hope & Cope's exercise program. Held on Sunday, September 8, 2013 in St. Maxime Park in Chomedey, Laval, the event featured a scenic 7-km walk, a DJ, raffle prizes and a celebratory BBQ. In attendance were hundreds of suppliers, clients, their families and friends all of whom enjoyed a wonderful atmosphere and the rewards that come from helping cancer survivors on their road to recovery and wellness.

Of the \$69,000 raised this year, \$5,000 was donated by l'Usine cross-fit gym. (See story on this page.) The grand total, over a six-year period of annual walk-a-thons, is an impressive \$283,000. Proceeds support ActivOnco, an innovative Hope & Cope program providing safe, highly effective, individualized exercise "prescriptions" for cancer patients. These exercise programs are carried out either in the patients' homes or in the fully equipped, supervised gym at Lou's House – Hope & Cope's Wellness Centre.

This year, 15 of our exercise participants did the walk, training diligently for months. "The look of pride on their faces as they crossed the finish line was priceless," noted Wellness Centre Manager, Marcelle Kecman. Several participants have begun training for next year's walk and, through their enthusiasm, have recruited other participants to join them.



*Cover photo: Alex Trichas (seated, left), Nick Dimopoulos (holding cheque), Chris Dimopoulos (standing, third from left), and Andre Dimopolous get active with exercise participants and staff at Lou's House.*

"We know how much effort goes into organizing great events like these and are deeply grateful to Alex, Nick, Chris and Andre for putting together this annual fundraiser on our behalf," concluded Executive Director, Suzanne O'Brien.

## Fit for Life

When Joëlle Delli Fraine was diagnosed with cancer, she came to the Wellness Centre determined to experience the benefits of exercise. In addition to using the gym, she participated in meditation and tai chi classes. Ms. Delli Fraine's son belongs to l'Usine cross-fit. In a show of support for Joëlle and other cancer survivors treated at the Jewish General Hospital, members of this gym held a fundraising event and competition amongst other cross-fit gyms on August 25<sup>th</sup>. Proceeds were directed towards both the walk-a-thon for Hope & Cope and the Pharmaprix Weekend to End Women's Cancers, which supports research and treatment at the Jewish General Hospital's Segal Cancer Centre.



*Left to right: Tristan Poupart, Joëlle Delli Fraine, gym owner Domenic Adam, Lorin Tremblay.*

## A Time to Give: The Antony Proteau Fund

Often the loss of someone inspires people to want to make a change. Antony Proteau was such a person. With his vibrant personality, contagious laugh and love of life, Proteau was an inspiration to all who knew him. He had a passion for hockey and music, found incredible joy in everything he did and his positive attitude was felt by all he encountered. Even when faced with the biggest challenge of his life, a diagnosis of rhabdomyosarcoma, a type of cancer, Proteau still maintained his positive attitude with a fire and determination to fight the disease the best way he knew how – by living.

To commemorate Antony, the Antony Proteau Fund was established in 2012 by his family and close friends James Lavinskas, Matthew Chausse, Keif Orsini, Richard Ribaya, Tim Schiavi, Matthew Picciuto, Dan Laplante and Greg Di Lella. "With Antony having spent so much time in the hospital," explained James Lavinskas, "we realized that a family's non-medical expenses could be quite overwhelming. We established the fund and through the generosity of family, friends and the community we are helping to reduce these expenses by donating proceeds to Hope & Cope. As well, we are contributing to the local community by providing funds that will allow all children, regardless of their financial means to join the NDG Minor Hockey League."

The first fundraising event, the Inaugural Antony Proteau Ball Hockey Tournament, was held on June 16, 2012. The tournament was so successful that the following year, it expanded into a two-day event.

"We understand that some families aren't as fortunate to have specific resources available to them," says Matthew Chausse. "Our goal is to help these families in ways that allow them to focus on their treatment and ultimately beat this terrible disease."

"What makes this fund so special is the memory of the person who inspired it.



Photo: Celia Lavinskas

*Left to right: Keif Orsini, James Lavinskas, Rich Ribaya, Matthew Chausse, Matthew Picciuto, Dan Laplante and Tim Schiavi.*

Antony was one of the most vibrant and energetic people one could ever meet," says Keif Orsini. "His laugh, sense of humor and love for life were second to none."

The next big event is being organized for early 2014. "It will be a gala fundraiser similar to the Winter Classic we hosted last winter," explains Richard Ribaya. "We are planning to hold the third Annual Ball Hockey tournament this summer. We have a lot of people to thank for helping us raise \$100,000 in just one year."

To show your support or for up-to-date information on the fund, email the [ap12fund@gmail.com](mailto:ap12fund@gmail.com), visit their Facebook page at [www.facebook.com/ap12fund](http://www.facebook.com/ap12fund) or follow them on Twitter at @ap12fund.

Antony's family and friends paid him a moving tribute at his funeral.

"Pro was a great friend. He was strong, courageous and funny, who always seemed to enjoy life."

"Pro taught me to live life to its fullest and that no matter how serious a situation, there is always time for a good laugh."

"Whenever I saw his game face, I knew he meant business."

"His effortless charm and positive outlook on life always has and always will be an inspiration to me to be a better person."

"He will never be forgotten, and we will always be a man short without him."

— Mireille Alvo

## A Night of Laughter Benefits *En famille*

*"There is little success where there is little laughter."*

— Philanthropist Andrew Carnegie

This quote sums up the Night of Laughter fundraiser that took place on February 13, 2013, benefitting our *En famille* program.

A dedicated committee of volunteers, headed by the men who started this great service, Eric Gralnick, Lawrence Paperman, Lionel Soussan and Neil Mardinger along with a team of dedicated volunteers, organized a laugh-filled and successful evening that raised a greatly needed \$60,000 net. These funds enabled us to continue providing support to young families affected by cancer.

The event, which took place at the Montreal Forum included dinner, bowling, billiards and a silent auction of generously donated items. A highlight was the star of the laughter segment, comedian Joey Elias.

The turnout was substantial and all present had a great time, while learning more about the *En famille* program.

Mr. Gralnick, who eloquently shared his own experience and explained the need for support for young families affected by cancer, spoke with the passion that reflected the enthusiasm behind the successful launch and remarkable growth of this program. His description of his own encounter with cancer, of his first-hand knowledge of the issues, and of similar stories of other young families affected by cancer turned out to be one of the memorable highlights of the evening, raising the awareness that such programs require for their continued success.

The evening was such a hit that the founders of the program have decided to repeat the experience next year. A September evening is being planned – date to be announced.

— Serena Black

## A Dream Evening with Jennifer Holliday

Who said dreams don't come true?

On June 11, 2013, close to 100 guests gathered at the elegant home of Vivian and Howard Stotland for an exclusive fundraiser co-chaired by Linda Smith and Vivian Stotland. Award winning Broadway actress Jennifer Holliday gave an electrifying performance, entralling the audience with her magnificent voice, and sharing her personal struggles with multiple sclerosis.

Sponsors included Barry Pascal, Francine and Robbie Wiseman, Stokes, David's Tea and Sandra's VIP Olive Oil. Hainya Wiseman's home-baked desserts were a crowd pleaser, as was the announcement that \$20,000 had been raised for ActivOnco (formerly known as REOP), Hope & Cope's innovative exercise program.

We extend grateful thanks to our dream hostesses for creating such a fabulous atmosphere and to all the guests for their support.



*Dream Hostesses  
Vivian Stotland  
and Linda Smith.*



*↑ Enjoying the dream evening, left to right: Laurie Samuelson, Judy Wolfe, Cheryl Adler, Heather Paperman, Fred Adler.*



*← The incomparable Jennifer Holliday.*

## Pharmaprix's Tree of Life

For the second year in a row, the Pharmaprix in Quartier Cavendish, in partnership with its sister store on Caldwell Rd., chose Hope & Cope as the beneficiary of its annual Tree of Life fundraising campaign.

Under the direction of Associates David Banon and Sarah Rachel Ettedgui as well as store manager Ian MacDonald, cashiers encouraged customers to give generously, raising a total of \$5,328. The "tree" consisted of leaves, butterflies, acorns and cardinals, with a different monetary amount assigned to each category.

Once again, proceeds of the Tree of Life campaign will support Hope & Cope's Annual Cancer Survivorship Day celebration, which features an inspiring lecture by a prominent guest speaker followed by a dessert reception. This much anticipated event brings together long-term cancer survivors with newly diagnosed patients, providing a source of motivation and hope for all in attendance.

We are deeply grateful to the staff of Pharmaprix for championing Hope & Cope and to everyone who responded so enthusiastically to this campaign.



*Left to right: Barbara Hops, Daphne Pinto, Victoria Schmerler, Sarah Rachel Ettedgui, David Banon, Ian MacDonald, Hinda Goodman, Sylvie Lahaie, Lise Peloquin. Absent from photo: Ethel Gonzalez.*

## Shave for Anto

When friends, family, clients, suppliers and acquaintances of Antonella Cirrincione learned she had been diagnosed with breast cancer, they rallied around her in a unique way. Spurred on by Anto's husband, Giuseppe Renda, who organized a Shave for Anto fundraiser on June 2, 2013, eight men and two little boys had their heads shaved at Prada Coiffure in St. Leonard. Each participant was required to collect between \$500-1,000 for the



*Anto shaves her husband, Giuseppe Renda.*



*Michael and Anthony Arpino sporting their new haircuts.*

We express our congratulations and profound thanks to Mr. Renda and his team who organized this wildly successful shave-a-thon in the space of a mere 10 days!



*Rallying around Antonella.*

privilege of having their heads shaved. The salon is owned by Antonella, who, with scissors and razor in hand, happily "did the deed". Local bakeries donated cakes, pastries and pizza, contributing to the festive atmosphere. Three thousand dollars was raised that day alone, and their fundraising efforts continued throughout the month of June. A grand total of **\$7,565** was turned over to support Hope & Cope's services and resources for newly diagnosed patients.

## Bridging the Distance

Given the great success of the first bridge luncheon, a fundraising initiative in 2011 in honour of Hope & Cope's 30<sup>th</sup> anniversary, Beverley Friedman decided to host a larger event benefitting our Wig Resources Room. On October 9, 2013, she joined forces with Hainya Wiseman to organize a delicious, elegant and very well attended bridge luncheon.



*Gracious hostesses Beverley Friedman and Hainya Wiseman.*

Thanks to the remarkable generosity of the two hostesses, all costs related to the event were covered – from excellent food and beverages, including Hainya's homemade desserts to waitresses and gorgeous flowers. The amount raised through ticket sales totalled \$10,000.

Hope & Cope was well represented at the luncheon by our current president, Nancy Wiseman, our immediate past co-president, Jeannette Valmont, our office manager, Lora Tombari and office team leader Ida Teoli. Mrs. Teoli spoke eloquently about the program and its many benefits.

Hair loss due to chemotherapy is one of the biggest issues that women face during treatment. The free wigs patients receive from Hope & Cope are of significant assistance and boost to their self-esteem, especially at such a difficult time.

Through this new generous injection of funds, more specialized wigs and products such as prostheses and specialty bras can be purchased for our Resource Room, allowing us to offer a variety of stylish wigs appropriate for our growing patient population. Funding also will help defray the costs of cleaning and styling existing wigs.

A heartfelt thank-you to all the people who participated in this event that hopefully will become an annual affair.

— Serena Black



*Playing the hands they've been dealt at the Bridge Luncheon.*

## Linda Saab Golf Tournament: 23 years of giving



Charlie Bozian and Mel Peress, tireless organizers of the Annual Linda Saab Golf Tournament, have been supporting Hope & Cope for 23 years.

For 23 years, Hope & Cope has been the lucky beneficiary of funds generated through the **Linda Saab Golf Tournament**. On September 11<sup>th</sup>, Lillian Vineberg, Chair, Nancy Wiseman, President, Susan Polisuk and Barbara Knobovitch, Past Presidents, Teddy Polisuk and Marty Kaplan enjoyed a fabulous day of golf while Suzanne O'Brien, Executive Director, joined them at the dinner.

Once again, organizers Mel Peress and Charlie Bozian honoured the memory of Linda Saab by raising money for cancer care. Proceeds were turned over to Hôpital Charles-LeMoine, where Linda was treated, and to Hope & Cope.

In expressing her profound gratitude to Mr. Peress, Mr. Bozian and the many donors

who return year after year to participate in this wonderful event, Mrs. Vineberg noted that the funds raised will help hundreds of Montrealers whose lives have been turned upside down by cancer. "Our programs meet so many needs: the need to break through the isolation of illness by connecting with others who are affected by cancer, the need to share coping strategies and to learn from each other, the need to have access to quality programs and information."

As in the past, this year's generous donation of \$30,000 will be directed to fund programs at Lou's House – Hope & Cope's Wellness Centre – and our Compassionate Fund.

## Vernissages Benefit Hope & Cope



From October 14-20, **Francine Riopel** hosted a solo exhibit of her artwork called *Reconnaissance* at Espace de diffusion culturelle. She chose to hold the vernissage on Thanksgiving Day as a way of expressing her tremendous gratitude for the gift of life.

A cancer survivor who is a member of

Hope & Cope's Breast Friends Support Group, Mrs. Riopel was eager to give back to Hope & Cope and to a group called *Soutien et entraide pour femmes atteintes du cancer du sein (SEFACS)*. She entered a contest in which she wrote an essay describing her life's wish: to organize a solo exhibit of her paintings and to have a web site address where photos and information about her artwork would be available to the general public. Winning the contest was a dream come true, and the solo exhibit was a wonderful experience. "Everything worked out really well thanks to the support of both Hope & Cope and SEFACS," said Mrs. Riopel. As a further expression of her gratitude, she donated 50% of the sale of her paintings to these two organizations.

As director of the Division of Palliative Care at the Jewish General Hospital, **Dr. Bernard Lapointe** comes into daily contact with terminally ill patients and their grieving families. The camera has provided him with a means to "transcend the harsh reality of illness by first reconnecting with life through wildlife and garden photography."

Last October, Dr. Lapointe showed 25 photographs at a vernissage in the Galerie

du Plateau. The theme of the vernissage, *Elysion*, featured photographs taken at the cemeteries on Mount Royal. Having watched his mother live her last months, Dr. Lapointe used his camera to explore his own feelings of grief and sorrow. It was with this very personal experience



with bereavement in mind that he chose to donate the proceeds of the vernissage in the amount of \$2,750 to Hope & Cope's bereavement program.

Dr. Lapointe is one of the selected artists who will present at the "Art and Gastronomy" international exhibit during the 2014 *Montréal en lumières* festival, as well as at the 22<sup>nd</sup> Visa-Art show at the Centre d'arts visuels de Magog in the summer of 2014.

— Hena Kon and Gayle A. Shinder, Ph.D

## Feisty, Fearless, Fabulous and Pretty in Pink

When Nalie Agustin's 25<sup>th</sup> birthday coincided with her battle against breast cancer, she decided to turn an ordinary party into an anything-but-ordinary fundraiser for Hope & Cope. Energized by the details involved in party planning, Nalie took care of everything, from calling, sending emails and visiting restaurants and small business owners to obtain a wide variety of items at low cost or for free, to selling tickets and organizing the raffle. She also enlisted friends and family to help with deliveries, decoration and set-up. The response by virtually everyone she approached was overwhelmingly positive.

On November 9<sup>th</sup>, Nalie's family, friends and admirers joined her for a celebration of life. A great time was had by all – especially the birthday girl – and a total of \$2500 was raised for CancerFightClub, Hope & Cope's young adult programming.

A courageous, spirited, dynamic young woman and a highly gifted communicator, Nalie has been chronicling her battle and sharing her insights on her web site, Nalie.ca.



*Nalie Agustin celebrates her 25<sup>th</sup> birthday in style.*

## Paying it Forward

Last spring, Hope & Cope was the lucky beneficiary of wonderful acts of kindness and compassion demonstrated by three youngsters.



**Michael Dayan**

On June 25<sup>th</sup>, Michael Dayan visited the main office of Hope & Cope with two wrapped gift baskets in honour of his Aunt Bonnie. He specified that he would like these items to be enjoyed by breast cancer patients. Containing games, magazines, books, cards and Sudoku puzzles, this thoughtful donation provided a welcome distraction for patients, especially during long waits for tests, treatments and results.

That same morning, 12-year old Aidan Rubin, a recent graduate of Akiva School, visited Lou's House – Hope & Cope's Wellness Centre – with his father and sister,



**Aidan Rubin**

bringing a beautiful basket brimming with goodies he had bought as his Mitzvah\* project. Attached to the basket was a lovely personal card expressing Aidan's wishes for a speedy recovery to all cancer patients.

When it came time to decide which charity she wanted to support in conjunction with her Bat Mitzvah, Erin Rose Pierce didn't hesitate for a moment. The daughter of Hope & Cope Communications Coordinator Hena Kon, Erin Rose had visited Lou's House during her school's pedagogical days and enjoyed spending time in the art studio, indulging her love of paint-



**Erin Rose Pierce**

ing and drawing. She decided to purchase a variety of colourful crafts and art supplies that served as the centrepieces on the tables at her Bat Mitzvah celebration and then were donated back to Lou's House.

*\*Mitzvah is a Hebrew word with a dual meaning: commandment and good deed.*

Photo: Kate Fellerath

## Hope for Life

Denis Lappos, a 10-year cancer survivor, is very clear about the positive impact Hope & Cope has had, and continues to have, on his life. The gratitude that he feels is shared by his wife, Anastasia, a dynamic volunteer who works tirelessly to raise funds for Hope & Cope throughout the year within the Greek community.

On December 1<sup>st</sup>, Anastasia and a committee of like-minded individuals organized a wonderful event called *Hope for Life* that featured copious amounts of food, Greek dancing and music – including a piano solo and dance by 10 year-old Eleana Pierraki. Held for the third year in a row at the Hellenic Community Centre of Montreal, the event raised \$10,000 for Hope & Cope's young adult programming, a cause that is near and dear to Anastasia's heart.

Sarah Labelle and Miriam Sultan Laine, two young adults in attendance, spoke movingly about their personal battles with cancer and the tremendous support they have received from Hope & Cope's young adult program, the CancerFightClub web site and from CancerFightClub Montreal (a joint venture between Hope & Cope, Cedars CanSupport and VOBOS – Venturing Out Beyond Our Cancer).

Our thanks to Anastasia Lappos and her team for bringing hope to life.



*Eleana Pierraki shows her dance moves.*



*Taking a well deserved break, left to right: Ourania Sofianos, musician Denis Polatos, Anastasia Lappos, Gaetane Ferland, Emily Drake, Denis Lappos, Suzanne O'Brien.*

## "Every Penny Counts" — Over \$23,000 and counting raised for the Compassionate Fund



Photo: JGH Audio Visual Services

The abolition of the Canadian penny in 2013 presented a unique opportunity for Hope & Cope to raise money for its Compassionate Fund which provides aid to financially strapped patients and their families who do not have family or community support. In collaboration with the JGH Foundation, the JGH Auxiliary and Carrément rose, Hope & Cope launched the "Every Penny Counts" campaign in December 2012. Large collection boxes were placed in a number of locations at the Jewish General Hospital so that staff, patients and visitors could donate their pennies to a good cause.

The campaign captured the hearts and imagination of so many people that the collection boxes not only contained pennies, but also, nickels, dimes, quarters and bills. Of the over \$23,000 raised to-date, approximately \$14,000 have come from pennies. Some schools have also taken up the cause, for example, Selwyn House raised \$400 in pennies. Within the hospital, the Housekeeping Department has expanded on the campaign by initiating a nickel campaign. They also are planning on challenging other departments to do the same. A large green collection bottle can be found in the Foundation office with the words "Help us give a boost to the Penny Drive. Drop a nickel, help a little."

The staff at the Royal Bank of Canada branch on Côte-des-Neiges just around the corner from the hospital played a very important role in the Penny Campaign as they graciously accepted the many bags of pennies for shipping back to the Canadian Mint.

Larry Sidel, Vice President and Chief Operating Officer of the Jewish General Hospital Foundation, is thrilled about the success of the campaign. "It is wonderful to see how people come together to help in a cause that touches so many lives."

In expressing her thanks to all who donated their coins and paper bills, Hope & Cope Executive Director Suzanne O'Brien noted that, "This outpouring of generosity will enable us to help the ever-increasing number of people with urgent financial needs."

— Gayle A. Shinder, Ph.D.

# Patient Education and Special Events Round-Up 2013

## Lectures

- Basic Nutrition for Cancer Patients (Nelda Swinton, oncology dietitian)
- Basic Medical Information on Cancer (Dina Linardos, oncology nurse)
- Intimacy, Sexuality and Relationship Issues after a Cancer Diagnosis (Dr. Sylvie Aubin, psychologist, and Dr. Peter Chan, urologist)
- Skills for Healing (with Dr. Rob Rutledge, radiation-oncologist, Dalhousie University)

## Retreats

- Incurable Cancer Retreat, November 2013 (to our knowledge, the first retreat of its kind in Canada for young adults with advanced cancer)
- Young Adult Retreats (one in the winter and one in the summer)

## Workshops

- Think Smart, Live Well (coping skills such as stress management and reframing negative thoughts)
- Take Charge of Your Life After Cancer
- Laugh Yourself Silly (humour/laughter workshops)

## Seminars and courses

- Weigh to Go – a healthy weight loss program after cancer treatment
- Coping with Cancer-Related Brain Fog

## Special Events

- Annual Cancer Survivorship Day in June (guest speaker, Guy Corneau – 250 in attendance)
- Voices of Hope Choir concerts (December and June). Cancer survivors rehearse weekly at Lou's House under the guidance of musically talented and experienced volunteers
- Valentine's Day celebration at Lou's House
- Holiday cart – volunteers distribute goodies to patients and caregivers in the oncology and radiotherapy waiting rooms
- Annual holiday potluck and sing-along at Lou's House

# The Year in Pictures

From gardening to cooking to sewing and everything in between, Wellness Centre participants and Hope & Cope volunteers shared their talents, exchanged recipes, pulled out weeds and planted seeds, created cards, posters and jewellery, organized sales and hospitality carts and so much more!



## L'année en images

Affairés au jardinage, à la cuisine, à la couture et à bien d'autres tâches, les participants du Centre de bien-être et les bénévoles de L'espoir, c'est la vie ont mis à contribution leurs talents, échangé des recettes, arraché des mauvaises herbes, semencé la terre, créé des cartes, des affiches et des bijoux, organisé des ventes, approvisionné les chariots et la liste s'allonge!



## Aperçu des programmes éducatifs et des événements spéciaux en 2013

### Conférences

- Bases de la nutrition pour les patients atteints de cancer (Nelda Swinton, oncology dietitian)
- Information médicale de base sur le cancer (Dina Linardos, oncology nurse)
- Questions de sexualité, d'intimité et de relations humaines après un diagnostic de cancer (Dr Sylvie Aubin, psychologist, et Dr Peter Chan, urologist)
- Outils pour guérir (avec le Dr Rob Rutledge, radio-oncologue, Université Dalhousie)

### Retraites

- Retraite pour patients atteints d'un cancer incurable, novembre 2013. (Il s'agit à notre connaissance d'une première au Canada pour les jeunes adultes atteints d'un cancer de stade avancé).
- Retraites pour jeunes adultes (deux retraites : une en hiver, l'autre en été).

### Ateliers

- Penser autrement pour mieux vivre (stratégies d'adaptation : gestion du stress, restructuration des pensées négatives, etc.).
- Prendre sa vie en main après le cancer
- Se tordre de rire (ateliers d'humour et du rire)

### Séminaires et cours

- *Weigh to go* – régime sain pour perdre du poids après des traitements contre le cancer.
- Que faire contre le « brouillard de la chimio »?

### Événements spéciaux

- Journée annuelle de la survie en juin (conférencier, Guy Corneau – 250 personnes présentes).
- Concerts de la chorale Les Voix de l'espoir (en décembre et en juin). Plusieurs survivants du cancer répètent chaque semaine Chez Lou sous la direction de bénévoles expérimentés et doués pour la musique.
- Fête de la Saint-Valentin Chez Lou.
- Chariot de la période des fêtes – les bénévoles distribuent des friandises aux patients et aux soignants dans les salles d'attente des services d'oncologie et de radiothérapie.
- Repas-partage annuel du temps des fêtes et chansons en chœur Chez Lou.