

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

2014: The Year in Review

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Building Strong Communities



Building community is the common theme that characterized the year 2014. Across our three sites at the Jewish General Hospital (oncology, radiotherapy and palliative care) and at Lou's House, Hope & Cope's Wellness Centre, we offered a wide variety of innovative programs delivered by a team of highly skilled and compassionate volunteers and professionals.

From ordinary people with extraordinary heart who organized fundraisers on Hope & Cope's behalf to corporate partners whose values aligned with our own; from the 19 second-year medical students in the CHAP program who volunteered

at Hope & Cope to the students in social work, kinesiology and administrative technology who did their internships with us; from the young adults and young families who forged common bonds through their participation in CancerFightClub and *En famille* to the members of the Men's Club and the 70+ Club; from the newly diagnosed to the newly bereaved, hundreds of people joined together with one goal in mind – to build strong communities where those affected by cancer can find the resources and the support they need to live well at every stage of illness and recovery.



Jewish General Hospital



One program, two sites, many services...

Volunteer support

- One-to-one peer mentor 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 and Workshops Community Groups CancerFightClub En Famille

Library

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

Patient Education

- iThrive
- Health education series/In-house lectures
- Annual Cancer Survivorship Celebration
- Internet teaching
- Information kits

Mind-body-spirit Programs

- Relaxation and imagery training
- Art expression, jewellery making, group art therapy
- Yoga, qi gong
- Exercise program
- Nutrition

Resource Room

- Head coverings, mastectomy bras and prostheses 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

Hope & Cope

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• Radiation-Oncology Office, Room G-18
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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.

Greetings from the Co-Chairs of Hope & Cope

When the idea of chairing Hope & Cope was first proposed to us by Kathy Assayag, Chair of the Nominating Committee, we were pleasantly surprised and very honoured to be considered for this position. Of course, we were very familiar with Hope & Cope and its well deserved reputation for excellence.

We first met Hope & Cope's venerable Founder, the indomitable Sheila Kussner, 30 years ago when we reached out to her when a close family member was diagnosed with the same cancer Sheila had as a teenager.

Our high regard for Sheila and our overwhelmingly positive impression of Hope & Cope naturally led us to become more involved as volunteers, Marlene in the office and Joel as one of the co-chairs of the highly successful 25th Anniversary Gala in 2006. We also have enjoyed sitting on various Hope & Cope committees throughout the years. For all these reasons, it was easy to say "yes".

Although we both have extensive leadership experience, this is actually the first time we are co-chairing, sharing the responsibilities that go along with such an important leadership role. Being able to discuss issues and strategize together is both gratifying for us and an advantage for Hope & Cope. We are discovering, as the adage goes, that sometimes, two heads really are better than one!

Hope & Cope is known for many things: its pioneering programs, its history of innovation, its synergy between its dedicated, highly skilled volunteer body and its equally talented staff, and the compassion that lies at the heart of this jewel in our community. Since we took over officially in August, we have been warmly welcomed at every level: by Sheila, by Executive Director Suzanne O'Brien and her staff, by the Board of Directors and by the many enthusiastic, committed volunteers we have had the pleasure to meet along the way.

In fact, having attended several events to date, we continue to be impressed by the



Joel and Marlene King with Sheila Kussner.

number and variety of programs that Hope & Cope offers. It truly is a unique organization that is a beacon of light to hundreds of cancer survivors and their families.

Seeing with our own eyes how transformative these programs are is what motivates us to ensure Hope & Cope's fiscal stability. This, in fact, is one of the biggest challenges we face. In addition to attracting dynamic new leadership to complement the extensive expertise of the Board, we are eager to recruit more "next generation" volunteers as a means of ensuring the organization's continued vitality. The Board has begun a strategic planning process to determine our vision and priorities. As Co-Chairs, we are committed to ensuring that Hope & Cope will have the financial means to continue to offer its high quality, meaningful programs to the maximum number of people.

We are invigorated by this challenge and we invite you to join us in creating a bright, bold and secure future for Hope & Cope.

Marlene King

Marlene King

Joel King

Joel King



Greetings from Hope & Cope President Ida Teoli

As President, one question I am frequently asked is how did I become involved with Hope & Cope. The simple answer is that I did not become involved with the organization, it became involved with me.

When my sister was diagnosed with breast cancer, I rapidly became her advocate and supporter and searched for the best that was available in terms of medical care (the Segal Cancer Centre) and information and support (Hope & Cope). She was lucky, it was non-invasive, and I was able to be with her every step of the way through doctors' consultations, surgery and radiotherapy. I was very grateful for all the help we received but my goal was to get her through the experience in the best possible way and then move on with my life.

Unfortunately, life had other plans for me. Nine months later, in a rather strange turn of events, it was my turn to be diagnosed – this time it was invasive breast cancer. I went alone to the doctor's office as I was certain the biopsy results would be negative. It was late afternoon and the waiting room was empty. As I was waiting to meet with the secretary to coordinate next steps, a lady in a blue coat came to sit next to me. She asked me why I was there and I told her that

I had just received a diagnosis of breast cancer. She then asked me how I was feeling and I told her I was numb and just needed to think and maybe I should just go shopping. She smiled at me and replied, "You know, that's what I did, too!"

Of course we were not really talking about shopping but about the need to hang on to something normal at a time of upheaval. She understood exactly what I meant and in that moment, I got it. Only a person who had experienced a cancer diagnosis could understand the underlying need I was expressing.

The power of Hope & Cope comes from its volunteer base – from the men and women who have directly or indirectly experienced cancer and are willing to use that knowledge to support others through a similar experience. They are truly extraordinary and I thank them for their commitment.

Over the next two years, I will proudly be the custodian of this community of volunteers. My goal is to maintain its strength and help it grow so that we may continue to provide exceptional support to patients who need our help.



Executive Director's View

I love year-end reviews! It is an opportunity for honest appraisal of our programs, congratulations to the many staff and volunteers who made them happen and a chance for renewed commitment to the donors who fund our programs to always keep them at the highest standards of excellence and relevance. As you will see in the coming pages, we have much to be proud of. Two-thousand-and-fourteen was, indeed, an exceptional year for Hope & Cope and our thanks know no end!

We saw growth in all our programs, ranging from 10% to 95% increases in attendance and membership. We are now offering more specialized programs than ever before, and making concerted efforts to plan programs for demographic groups with distinct needs, for example young adults (CancerFightClub and *En famille*), men of all ages (The Men's Club), and those over seventy (The 70+ Club). In fact, 2014 saw the 10th anniversary of our continuously running support group for women living with metastatic breast cancer and 2015 will see the 30th anniversary of Hope & Cope's first support group for young adults (18-39) with cancer.

We have always been innovative leaders and for 33 years we have creatively made things happen, and with your support, we will continue to do so. However, the sustainability of our programs, at the current level of growth, requires that we take a detailed and strategic look at our capacity to deliver them within current revenue projections. Our Board of Directors has embarked on a strategic plan to protect our programs and I am excited and heartened by the enthusiasm I see in our leadership for this venture. Hope & Cope is not just important, it is vital; the work we



The newly appointed Hope & Cope Board, seated, left to right: Myer Bick, Jacques Misrachi, Suzanne O'Brien, Joel and Marlene King (Co-chairs), Sheila Kussner (Founder), Hy Polansky. Standing, left to right: Deborah Bridgman, Martin Schwartz, Sylvia Vogel, Lillian Vineberg, Ida Teoli, David Martz, Roslyn Slawner, Laurence Paperman, Nancy Wiseman, Hena Kon, Lori Cohen, Susan Wener, Carmen Loiselle. Absent from photo: Joëlle Adler, Joey Basmaji, Dr. Gerald Batist, Aldo Bensadoun, Jack Dym, Sylvie Grégoire.

do is life-changing for the patients who take part in our programs. This work is priceless but does come at a price. Please help us, in any way you can this year, whether by a donation of time or money, to keep our programs vibrant and growing. I guarantee you will not be sorry!

With grateful thanks to all,
Suzanne

Our Community Partners Help Improve Well-being



Thanks, in part, to the support of the **Quebec Breast Cancer Foundation (QBCF)**, the **CURE Foundation**, **Abbott Nutrition**, **Novartis** and **Pharmaprix-Quartier Cavendish**, Hope & Cope was able to offer expanded programming in cancer exercise and recovery, nutrition and art therapy to hundreds of cancer survivors throughout 2014.

Both the QBCF and the CURE Foundation have recognized our innovative ActivOnco program with two exceptionally generous grants that will further our work in this vital field. Many of the current treatments for breast cancer can affect bone health, leaving patients at higher risk for osteoporosis, bone fragility and fracture. The QBCF awarded a \$600,000 grant over three years for ActivOnco's Bone and Breast Health Program. Specifically, we will be developing a unique model of care to help protect and improve bone health in women with breast cancer.

In addition, the QBCF is continuing to fund our popular group art therapy classes for women with breast cancer, which we have been offering on a weekly basis since September 2012.

Early in 2014, the CURE Foundation awarded the first instalment of a \$115,520 grant

(over two years) for two studies involving the effects and timing of specific exercise interventions for women with breast cancer. The goal is to prevent or minimize some of the most common side effects of treatment such as radiation fibrosis.

Our five-year partnership with Abbott Nutrition, which began in 2012, helps us provide the latest evidence-based information about nutrition to cancer survivors at Lou's House. Our nutrition program includes: informative lectures by oncology dietitians, cooking classes (Cooking with Ensure™, Cuisines from Around the World) featuring easy to prepare, nutritious and delicious recipes, an eight-week weight loss program (after treatment) that combines nutrition with exercise, and a



Hope and fear along the cancer journey as expressed by a participant in group art therapy for breast cancer patients.



Nutritionist Maryse Ménard (seated, left), and exercise physiologist Lisa Mastroianni (standing, right) with proud graduates of the Weigh to Go program.

nutrition component as part of our Take Charge of Your Life after Cancer workshops.

For the second year in a row, donations collected from the generous customers who contributed to Pharmaprix-Quartier Cavendish's Tree of Life Campaign helped support Hope & Cope's Annual Survivorship Day celebration in June.

As the year came to a close, Novartis joined our roster of community partners with an unrestricted grant of \$40,000, which will be directed towards CancerFightClub, our avant-garde program for young adults, ages 18-39, with cancer.

Noting that these partnerships have become an important part of our fundraising strategy, Suzanne O'Brien commented, "We are honoured to be partnering with the Quebec Breast Cancer Foundation and the CURE Foundation, both recognized leaders in breast cancer awareness and education who provide critical support for research and programs focused on prevention as well as improved care. We are equally delighted with the partnerships we have established with Abbott Nutrition, Novartis and Pharmaprix-Quartier Cavendish. Their support for our programs and concern for the well-being of cancer survivors motivates us to offer outstanding programming to patients and their families. We hope to welcome more community partners into the Hope & Cope family in 2015."

Maxine Lazarus Fund: 25 Years of Supporting Education



As one of Hope & Cope's very first volunteers, Maxine Lazarus understood intuitively that what cancer patients need most is the knowledge to make well informed decisions that are right for themselves. Through her exceptional work with Hope & Cope, Maxine encouraged and empowered so many patients and their families, showing, by example, that even with cancer, it is possible – in fact, desirable – to live life to the fullest.

For the past 25 years, Maxine's spirit and philosophy have lived on through the **Maxine Lazarus Endowment Fund**. In addition to sponsoring a variety of free public education lectures at the Jewish General Hospital discussing advances in breast cancer prevention, detection and treatment, the fund has enabled Hope & Cope volunteers and staff to attend educational conferences hosted throughout North America by prestigious organizations such as IPOS (International Psycho-Oncology Society), CAPO (Canadian Association of Psychosocial Oncology) and CPEN (Cancer Patient Education Network).

"The new knowledge, strategies and approaches acquired through attendance at these conferences has had a remarkably positive impact on our patients over the years," notes Executive Director, Suzanne O'Brien. "We are very grateful to Maxine's family for keeping her memory alive in such a deeply meaningful way."

JGH Foundation Honours Sheila Kussner

Hope & Cope Founder, health care activist and consummate volunteer Sheila Kussner, O.C., O.Q., LL.D. (h.c.) was honoured by the Jewish General Hospital on Thursday, September 4, 2014 with the unveiling of a special plaque. A who's-who of Montreal's business and philanthropic leaders gathered at the Hope & Cope Wellness Centre / Lou's House to recognize Mrs. Kussner's decades-long dedication to providing emotional and psychosocial support to cancer patients and their families. The event took place in an elegant tent that showcased the Wellness Centre's Christine and Herschel Victor garden.

"I am so thankful for the wonderful honour that the hospital has bestowed upon me – it is an honour that I accept with pride and humility," said Mrs. Kussner. "Pride in what we have accomplished together and humility because this honour belongs not to me alone, but to the many individuals who walked beside me on this extraordinary journey."

Jewish General Hospital President **Allen Rubin** opened the proceedings and introduced JGH Foundation CEO **Myer Bick**, who elicited laughs from the assembled guests when he re-enacted a typical late night conversation with Sheila Kussner. On a more serious note, Mr. Bick described Mrs. Kussner as a true grande dame. "Sheila is a veritable dealer in hope and has been and continues to be the model for leadership, which is not only to inspire those around her, but also to have the capacity to translate vision into reality."

Also on hand to congratulate Mrs. Kussner on her achievements were **Justin Trudeau**, Leader of the Liberal Party of Canada and MP for the riding of Papineau. Although not attending the ceremony himself, His Excellency, the Right Honourable **David Johnston**, Governor General of Canada, recorded a special video message which was played during the event.

As a result of her exceptional commitment to the welfare of cancer patients Mrs. Kussner has received wide recognition over the years, including being named an Officer of the Order of Canada, an Officer of the Order of Quebec, and Governor Emerita of McGill University, which also awarded her an LL.D. degree (honora causa). In 1995, the JGH presented her with its highest honour, the Distinguished Service Award, while in November 2010, she received an honorary doctorate from the Faculty of Nursing at l'Université de Montréal, attesting to her broad influence in healthcare.

Not one to rest on her laurels, Mrs. Kussner pledged to continue her work on behalf of cancer patients. "Although two years ago I realized that the time had come to relinquish my position as Chairman of Hope & Cope, I am still working very hard to help ensure its continued vitality," says Mrs. Kussner. "I promise you this – when cancer retires, I, too, will gladly hang up my hat."



Presenting the plaque honouring Sheila Kussner, left to right: Suzanne O'Brien, Sheila Kussner, Howard Dermer, Dr. Gerald Batist, Myer Bick, Allen Rubin.



Christine Victor, Hope & Cope Scientific Director Carmen Loiselle, Alan Victor.



The Kussner family, left to right: Joanne Kussner Leopold, John Leopold, Sheila Kussner, Janice Kussner.



Proud members of the Hope & Cope team, left to right: Suzanne O'Brien, Hena Kon, Lora Tombari, Anne Collette (volunteer), Sophie Picquot, Daniel Vales, Marcelle Kecman, Emily Drake, Lisa Mastroianni, Sandy Lipkus.

More photos on pages 28-29.

Photos: Howard Kay

Under the scientific direction of Dr. Carmen Loiselle, Hope & Cope continues to be actively involved in several cutting edge projects that focus on the patient and family experience of cancer. Over the past year, six projects have documented cancer-related needs across the life span from young adults, families with minor children and the elderly (70 +). Research on the patient/family experience is key to understanding the unique and shared perceptions and needs of those affected by cancer. The findings from these studies help tailor the care provided to patients and their loved ones. The main themes of these projects include:

Aging and cancer treatment decision-making

Factors such as health changes with aging can make treatment decision-making very complex for older patients. Fay Strohschein, a nursing doctoral student working with Dr. Loiselle and Dr. Howard Bergman, is currently studying the process of cancer treatment decision-making among older individuals. This study is ongoing with support from the U.S. and Canada including funding from the Oncology Nursing Foundation, the Hope & Cope Levesque Research Funds, the Fonds de recherche du Québec-Santé, the Psychosocial Oncology Research Training (PORT) program, and the Quebec Network for Research and Aging (Réseau Québécois de recherche sur le vieillissement). Results from this study will help health care professionals understand and better support older patients facing difficult cancer treatment decision-making.

Accessibility of personalized cancer information

Because of its wide accessibility, the Internet has become a popular destination for individuals seeking cancer information. Unfortunately, information on the Internet is not always reliable or relevant. Funded by CIHR, Dr. Loiselle and colleagues Drs. Sophie Lauzier, Elizabeth Maunsell, Te Vuong, Virginia Lee, and Thierry Duchesne embarked on a large randomized controlled trial to study the effects of the Oncology Interactive Navigator™, a high quality Canadian web-based cancer resource (JackDigital.com).

Exercise during chemotherapy treatment

Barriers to exercise for patients undergoing chemotherapy include pain and fatigue. Hope & Cope physiotherapist Shirin Shallwani and colleagues Mary Ann Dalzell, Warren Sateren, and Suzanne O'Brien, studied different aspects of exercise among patients with multiple myeloma, which is a type of blood cell cancer. Their study showed that the Hope & Cope rehabilitation program (ActivOnco) was well accepted by patients

undergoing chemotherapy. The paper submitted for publication shows that patients who regularly participated in the exercise program experienced decreased fatigue and increased activity levels. These results support the use of personalized exercise plans in cancer care. Similar studies are planned for patients with head and neck and breast cancers.

Unique patient populations

Through the course of cancer care, different patient populations have distinct needs. Dr. Loiselle worked with several nursing graduate students to explore and document patients' unique experiences. One study looked at the perceptions of young adults with cancer who receive special backpacks from VOBOK containing tools and resources to help them navigate cancer treatment. The second explored the experience of patients who used CancerFightClub's web-based resource geared to young adults (CancerFightClub.com). Additional studies documented the experience of patients who face other major stressors in their lives, for instance, individuals with cancer who also are raising young children and patients with cancer who also are coping with other illnesses (such as diabetes and heart disease). Altogether, these studies help to highlight that each patient is a whole person with unique challenges and needs.

Personalized medicine

Last fall, Dr. Loiselle and colleagues Dr. Gerald Batist, Dr. Sylvie Lambert and Warren Sateren presented at the 16th World Congress of Psycho-Oncology and Psychosocial Academy in Lisbon, Portugal. They presented their study on cancer information preferences among patients with cancer and how these preferences related to other psychosocial factors, such as patient satisfaction and patient perceptions of health care services. Personalized medicine can be defined as the right treatment for the right person at the right time. Results from this study underlined the importance of person-centred care

combined with a tailored medical approach to optimally address patients' needs and preferences.



A new multidisciplinary program focusing on bone and breast health

Due to the nature of their cancer treatments, women with breast cancer are at higher risk for osteoporosis, bone fragility and fracture, which can lead to lifelong pain and disability. This year, Hope & Cope and the Segal Cancer Centre embarked on a new project dedicated to promoting bone health in breast cancer patients. Led by Dr. Loiselle in collaboration with Julie Lapointe, Mary Ann Dalzell, Suzanne O'Brien, Garnett Lau, and Marize Ibrahim, the innovative **Breast & Bone Health program** will develop a model to help protect, improve, and care for bone health in an oncology setting. It covers areas such as raising awareness of bone health, education, exercise, nutrition, and lifestyle modifications. This research is funded by a generous three-year grant from the Quebec Breast Cancer Foundation.

Presentations

Cohen SR, MacKinnon CJ, Khadoury A, Dewitte M, Parmar Calislar M, Penner JL, **Feindel A**, *Bitzas V, Kogan N. Training volunteer "caregiver coaches" to coach family caregivers to maintain their health and provide care in home-based palliative care. Workshop at the International Congress on Palliative Care, Montreal, QC, Canada, Sept 9-12, 2014.

Drake, E.K. *Addressing The Psychosocial Needs of Adolescents and Young Adults (AYA) Living With Cancer*, oral plenary talk presented at the BHCRI/ TFR1 Cancer Research Conference in Atlantic Canada, Dalhousie University, Halifax, November 3, 2014.

Drake, E. K., and O'Brien, S. *The Incurable Cancer Retreat: A pilot program for young adults living with advanced and metastatic disease that changed the future of our young adult programming*, oral presentation at Critical Mass: The Young Adult Cancer Alliance's Annual Conference, Denver, Colorado, USA. November 12-14, 2014. Presented by Emily K. Drake.

Drake, E. K., O'Brien, S., Finestone, J., & Edward, D. *A creative response to a unique need: A multi-partnered collaboration to create Canada's First Retreat for Young Adult Cancer Survivors Living with Advanced and Metastatic Disease*, oral presentation at the Canadian Association of Psychosocial Oncology's Annual Conference, Winnipeg, Manitoba, April 30 – May 2, 2014, and at the Canadian Association of Nurses in Oncology's Annual Conference, Quebec City, Quebec, October 26-29, 2014. Presented by Emily K. Drake

Feindel, A. and Dyer, C. *Selfcare: Attentive, Balanced and Mindful Caring for Ourselves in the Midst of Daily Stress and the Demands of Life, Work, Family and Health*, oral workshop presented at the 20th International Congress on Palliative Care, Montreal, September 9-13, 2014.

Ibrahim, M. Breast Cancer Oncology Rehabilitation lecture, McGill University. Clinical supervisor of second year Master's Physiotherapy student, May-June, 2014.

Penner JL, Cohen SR, **Dalzell M.A.,** Ducharme F, Sabiston C. Development of a home-based physical activity intervention for family caregivers of people with advanced cancer. Oral presentation at the 2014 Canadian Association of Psychosocial Oncology Conference, 2014 Apr 29 - May 2, Winnipeg, Manitoba, Canada.

Wilkenfeld, R. *Coping Skills for Facilitators of Cancer and Caregiver Support Groups*, lecture and interactive workshop, National Multiple Myeloma Conference, Montreal, September 13, 2014.

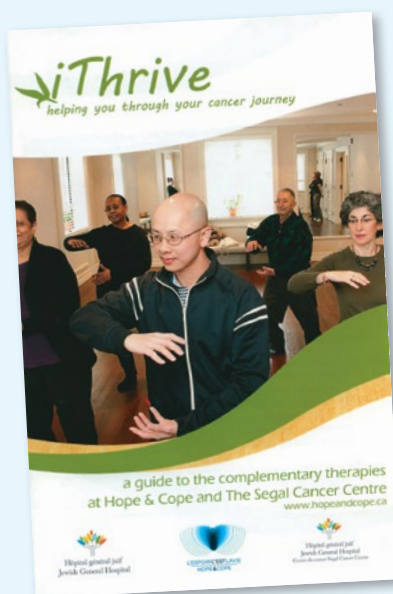
Honours and Awards

Feindel, Anna. Diploma in Human Relations and Family Life Education (Dean's Honours List), McGill University, 2014.

Goodman, Hinda. International delegate, ExCel Social Work Conference, Baltimore, Maryland, May 2014.

Kon, Hena. HCPRA (Health Care Public Relations Association of Canada) Award for Outstanding Health Care Communications – Special Purpose Communication – Fundraising, Third Place, for Hope & Cope's Keepsake Souvenir Book, April 2014.

Information Gives Cancer Patients the Tools to Thrive



Is it possible to thrive while undergoing cancer treatment? Absolutely, according to Lillian Vineberg and her family, the driving force behind a special project called iThrive.

The project is designed to raise awareness and encourage participation in the wide variety of complementary therapies available to cancer patients free of charge at Hope & Cope and the Jewish General Hospital's Segal Cancer Centre. "These therapies gave my late husband, Stephen, a much better quality of life as well as peace of mind during the many years he lived with cancer and it was his wish that other patients be made aware of how valuable these wonderful programs are," explains Mrs. Vineberg, Immediate Past Chair of Hope & Cope.

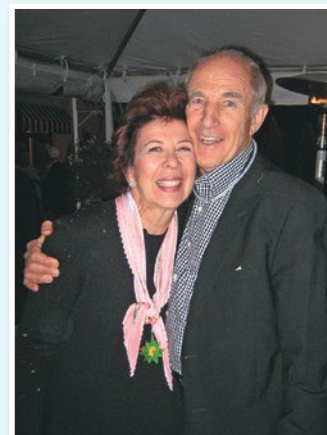
The first phase of this project, a bilingual booklet called **iThrive**, was launched last spring. The booklet provides a brief description of each complementary service and where

it can be accessed in the hospital. Five thousand copies were printed and it is being distributed by Hope & Cope's office volunteers who personally approach new patients in the hospital's oncology waiting rooms. The booklet is part of an information package that includes the Wellness Centre calendar of activities, Hope & Cope's services listing and Survivorship Program Coordinator Hinda Goodman's business card, for people who wish to follow up and connect with a Hope & Cope staff member.

As volunteer Sonia Hazan notes, "It's a good way to introduce people to Hope & Cope and all the services we offer, especially at the Wellness Centre. Even people who say they know about Hope & Cope are surprised by the depth and variety of programs available to them."

Feedback has been positive thus far. In fact, a mother who accompanied her young son to his first appointment commented that, "For such a small book, there is a lot of useful information."

Thanks to the generous support of the Stephen and Lillian Vineberg Family Foundation, phase 2 of the **iThrive** project, the redesign of Hope & Cope's web site, is underway. The new web site will be more user-friendly and easier to navigate and update.



Lillian and Stephen Vineberg



Hope & Cope is on Facebook!
Check us out, like and share.

facebook.com/hopecopemontreal

Volunteers Praised at Annual General Meeting

Our combined Annual General Meeting and Volunteer Social provides the perfect occasion to celebrate our phenomenal volunteers.

On June 19th, Board members, Trustees, volunteers and staff gathered at Le Living Room for an evening that combined socializing with serious discussion about the achievements of the year that had passed and the challenges ahead.

After an hour-long cocktail reception, outgoing Chair Lillian Vineberg officially called the meeting to order. She congratulated Dr. Carmen Loiselle, Hope & Cope's Scientific Director, on her recent appointment as Co-Director of the Segal Cancer Centre, reserved special words of praise for Hope & Cope Founder, Sheila Kussner, and spoke passionately about the positive and life-changing impact that volunteers have on cancer patients and their families. She then introduced Kathy Assayag, Chair of the Nominating Committee who announced the appointment of Hope & Cope's new Co-Chairs, Marlene and Joel King, and new President, Ida Teoli.

The evening included a comprehensive review of the year by Executive Director Suzanne O'Brien, reports by Lillian Vineberg and outgoing President, Nancy Wiseman, team leader rotation, in which team leaders were thanked for their service and new ones introduced, and the presentation of pins and certificates to volunteers of long service.

Hope & Cope Founder Sheila Kussner concluded the formal portion of the evening with a speech highlighting the impact of our volunteers and thanking them for their outstanding commitment.

"The work that you do, while not remunerated, is, nevertheless, worth a great deal. To the wife you console in the clinic waiting room; to the husband you speak to faithfully on the phone each week at a mutually agreed upon time; to the elderly hospitalized patient who has no family nearby and who looks forward to your visit for the caring and comfort you bring; to the patient in palliative care whose hands you massage so gently; to the 24 year-old college graduate who feels connected and empowered by CancerFightClub; to the young mother receiving a home-cooked meal after an arduous chemotherapy treatment that has left her too exhausted to even contemplate what's for dinner, let alone cook it; to all these individuals and hundreds like them, you are worth your weight in gold."



Photos: Howard Kay

More photos on
pages 28-29.



2014 Statistics

2014 featured growth in several of our programs as compared to 2013

10% increase in referrals to Hope & Cope of first time users

23% increase in referrals specifically to the Wellness Centre – Lou's House

49% increase in attendance at CancerFightClub programs and events

Hope & Cope profile

Total new referrals	1,415
Female	65 %
Age 51+	78 %
Newly diagnosed	51 %
Peer Support # of on-going cases	188
H&C Compassionate Fund (new referrals)	44
Oncology in-patient visiting referrals	318
# of bereavement referrals	584

ActivOnco profile

New referrals	323
Female	65 %
Age 51+	70 %
Newly diagnosed	47 %
# of active patients with 1 – 6 follow-ups	386
# of active patients with 7+ follow-ups	57

Attendance at support groups

Lung group (94% increase)	132
Men's Club (26% increase)	182
Breast Friends (28% increase)	72

Volunteer statistics

Service Volunteers	403
Fundraising	36
Governance	45
Combined roles	31
TOTAL	515

Wellness Centre – Lou's House profile

New referrals	336
# of participants attending WC activities and/or gym	865
# of classes (includes creative therapies, education, mind & body, nutrition, physical activities, support groups)	1,177
Total activities attendance (excludes gym)	8,138

Wellness Centre gym

New referrals	257
Evaluations of participants completed	260
Gym attendance	3,884

CancerFightClub (Young Adult) and En famille programs

CancerFightClub total attendance (49% increase)	302
En famille # of new referrals	114
En famille resource kits	108
En famille meal program:	
# of families receiving meals (42% increase)	85
# of meals distributed (105% increase)	316
En famille compassionate fund (new referrals)	18

Other key highlights

Attendance at lectures / special events (29)	1,445
Practical resources supplied to patients (wigs, head coverings, bras, prostheses, blankets, etc.)	1,577

Comedy Gives Back ... in Spades

The positive power of laughter was on display on July 24, 2014 at the JGH Hope & Cope Wellness Centre – Lou's House thanks to the combined efforts of Australian superstar Adam Hills and Comedy Gives Back, in association with Just for Laughs.

In town for the Just For Laughs Festival, Hills, along with fellow comics Ryan Wilner, Alonzo Bodden and the Boy with Tape on his Face, performed free of charge for the standing room only crowd of 90 people.

Those in attendance will likely smile every time they see a hospital gown after listening to Alonzo Bodden's uproariously funny take on his hospital experience when he donated a kidney to his older brother. The Boy with Tape on his Face upped the audience participation component of the show by combining music with physical humour. Native Montrealer Ryan Wilner delighted the audience with his tales of looking for love on "J-Date" and his sarcastic musings on our city's foibles including pot-holes and speed bumps.

Hills emceed the proceedings with his customary wit and charm. He is no stranger to Hope & Cope, having performed at the Wellness Centre twice before in 2011 and 2012. Hills summed up this meaningful experience by noting that "[it] was the most fun we've had the whole festival."

Through their participation in the special programs at the Wellness Centre, cancer survivors learn not just to cope with the challenges of cancer, but also to live well in the face of illness. Laughter workshops are held regularly as part of our creative programming.

This year's show was produced by Comedy Gives Back (CGB), a leading social benefit enterprise that partners with charities, comedians,



Laughing it up.

online celebrities, entertainment industry luminaries, distributors and brands for engaging, live streamed comedy events. Jodi Lieberman, a native Montrealer and co-founder of CGB, received a round of applause after she told the audience that CGB is determined to organize and support this show on an annual basis.



Left to right: Suzanne O'Brien, Alonzo Bodden, The Boy with Tape on his Face (receiving a spontaneous hug from a member of the audience) Ryan Wilner, Adam Hills and Saranne Rothberg of The Comedy Cures Foundation.

Photos: JGH Audio Visual Services

Visiting Team Brings Comfort to Hospitalized Patients

Most cancer patients are treated on an outpatient basis. However, it is not unusual to have to spend a few days in the hospital for a variety of reasons.

These hospital stays can vary in length and unfortunately, for many of these patients, especially those coming from out of town or who have recently moved to Canada, loneliness can be a serious concern. Their family and friends cannot come and visit or live too far away to do so.

It is not surprising, then, that our Hospital Visiting Team, most of whom are bilingual, has become a precious resource for lonely patients and, indeed, for many other cancer patients as well. Weekly visits, smiles, chats, and simple presence help alleviate the hardships some of these patients are enduring.

How comforting it must be for a daughter or son, visiting from out of town, and feeling stressed about not being able to be at their parent's bedside all the time, to know that they can ask for a volunteer to visit their loved one on a regular basis.

This team – comprised of 16 volunteers who alternate their time

between 7NW and 8NW – is present seven days a week. They visit patients referred by medical staff, family or by the patients themselves. Patients learn of this service by volunteers who either speak directly to them or leave them with information on how to avail themselves of this service.

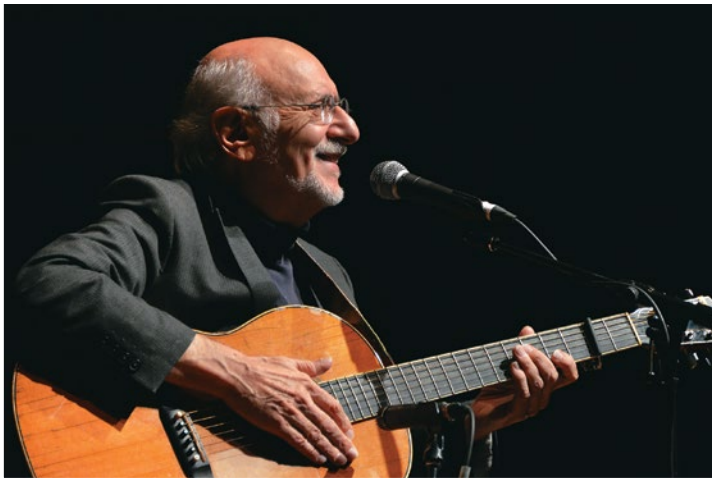
Early in 2015, the team will screen the movie "Mr. Mergler's Gift", an inspirational film that underscores how giving something of ourselves makes a powerful difference in the lives of others during their darkest hours.

In a touching tribute to the team's impact, one patient, upon being discharged from 7NW, thanked Hinda Goodman, Survivorship Program Coordinator. She had to endure several long stays in the hospital, and was able to recall every volunteer by name and associate each one with a small story related to the visit. She concluded that, "My stay was so much more tolerable, and my recovery made easier and less stressful."

— Serena Black

Peter Yarrow Headlines Superb Benefit Concert

To the delight of the crowd that filled Oscar Peterson Hall for a fundraising concert benefiting the Stroll Family Cancer Prevention Centre, Peter Yarrow, of *Peter, Paul and Mary* fame, performed many of the group's classic songs that defined a generation.



In between songs such as *If I Had a Hammer*, *Blowin' in the Wind*, *Where Have all the Flowers Gone*, *Light One Candle* and *We Shall Overcome*, Mr. Yarrow entertained the audience with stories that revealed his wry sense of humour and his enduring support for a variety of causes, including peace, the environment, cancer, gender equality, ending homelessness, hospice care and education.

Hosted by the Stroll Family Cancer Prevention Centre in association with Hope & Cope, the concert opened with a 6-song set by the EMSB Senior Chorale – a youth choir affiliated with the English Montreal School Board. A highlight of the evening occurred just before the intermission, when Mr. Yarrow invited all the children in the audience – “In this case, everyone under 30” – to the stage to join him in a rousing rendition of *Puff, the Magic Dragon*. Choristers with the EMSB Chorale who had stayed on to hear the concert happily obliged along with an adorable 5 year-old girl and two other enthusiastic young fans.

Emcee Aaron Rand of CJAD Radio set the tone for the evening, sharing his lifelong admiration for the music of *Peter, Paul and Mary*. In their welcoming remarks, Dr. Michael Pollak, Director of the Cancer Prevention Centre, and Dr. Michael Dworkind, Associate Director, spoke about the importance of cancer prevention and described some of the centre's services for people at high risk of cancer.

Proceeds of this benefit concert will enable the Centre to increase its clinical services and, in conjunction with Hope & Cope, to offer more free public lectures on topics related to cancer prevention.



Photos: Howard Kay

Lifelong fan Howard Stotland (second from right) and family are thrilled to meet Peter Yarrow in person.



Choristers with the EMSB Chorale on stage with a legend.



Hope & Cope's Education Team Hosts Two Outstanding Public Education Lectures in October to Coincide with Breast Cancer Awareness Month

Beating the Odds: Living with Metastatic Breast Cancer A Pink-Ribbon Race ... Years Long

With an explosion of pink merchandise and overwhelmingly positive messages of survival, "pink-tober" can be a frustrating, even cruel month for women with metastatic breast cancer (MBC), acknowledged Dr. Victor Cohen. "Metastatic breast cancer patients know that their story is different," said Dr. Cohen, who spoke to 65 people gathered at the Wellness Centre to celebrate the 10th Anniversary of Hope & Cope's Breast Friends Support Group.



The celebration was sponsored by the Rabinovitch family, in memory of Breast Friends Support Group co-founder Vivian Rabinovitch. In thanking the family, Executive Director Suzanne O'Brien noted the presence of Vivian's husband, Leo, and son, Andrew. "Thanks to Vivian's founding wisdom, this group is a remarkable resource for women with metastatic breast cancer, enabling them to enjoy meaningful connections and intense, supportive friendships."

According to Dr. Cohen, at any point in time, 15,000 Canadians live with MBC, a disease that is treatable but not curable. In fact, women with MBC can live up to 20 years or more with this disease, and if there are little or no side effects, they can enjoy an excellent quality of life. Common symptoms such as pain, fatigue and depression are all treatable. Regardless of each patient's situation, Dr. Cohen asserted that, "There is always something that we can do, even if it involves symptom control or participating in an early phase clinical trial."

Dr. Cohen stressed that the outlook for women with MBC is much more positive now than 20 years ago, thanks to the development of better drugs and promising therapies currently being tested in clinical trials.

Dr. Cohen concluded his much appreciated presentation by reminding the audience that



Celebrating the 10th anniversary of Breast Friends, left to right: Susan Toth, Laurie Greenspoon, Dr. Victor Cohen, Leo Rabinovitch, Andrew Rabinovitch.

successful outcomes depend on treating the whole person. He encouraged patients to maintain healthy lifestyles, remain active, eat sensibly and participate in activities that bring them joy.

.....

Laurie Greenspoon, one of the co-founders of the Breast Friends Support Group, spoke next, offering thoughtful strategies for living well with metastatic breast cancer.

When she was diagnosed with MBC, Laurie was told she had 18 months to live. Twelve years later, she greets each new day with gratitude and is living proof that statistics are numbers and numbers can be wrong. She stressed the importance of getting a second opinion. "Don't listen blindly. It's your disease, your life."

A positive attitude works wonders, she advised, extolling the benefits of complementary therapies such as meditation, energy work and acupuncture. Shortly after her diagnosis, she got a dog. Pet therapy, as she called it, has been a godsend to her, forcing her to get out of bed no matter how badly she feels on any given day. Laurie also makes a special effort to bring kindness and a smile to everyone she meets in the hospital from the receptionist to the radiology technician. Finally, she suggested joining a support group such as the one offered by Hope & Cope. "It's a place where you can laugh, cry, share information and be with people who really understand what you're going through."

For more information about Hope & Cope's Breast Friends Support Group, please call 514-340-3616.

What's New in Breast Cancer?

Jewish General Hospital oncologist Dr. Mark Basik began his lecture on new developments in research and treatment with a plea: "Please participate in clinical trials – this is the only way we move forward."

Dr. Basik is a clinician-scientist who treats patients and studies breast cancer tissues in his lab with the goal of trying to understand their behaviour and biology. He shared Dr. Cohen's view that the outlook for breast cancer treatment is much more positive now. In fact, today, the 5-year survival rate is 88%, as compared to 60% a few decades ago.

Dr. Basik strongly recommended that women with a family history of breast cancer see a genetic counselor to explore their options. He added that while more women are opting for preventive mastectomies, there is no evidence that this practice changes survival rates.

Dr. Basik explained that what makes breast cancer so hard to treat is the fact that tumours evolve constantly. He described numerous advances in treatment, including targeted therapies such as Herceptin which attacks cancer cells to prevent them from growing, and Tamoxifen, which has helped increase survival rates.

Following his presentation, Dr. Basik graciously spent 45 minutes answering audience member's questions.

Portraits of Hope

Annual Cancer Survivorship Day Generously Sponsored by Pharmaprix – Quartier Cavendish

"Being here today is magical" were the words that echoed through the Block Amphitheatre at the Jewish General Hospital on June 16, 2014 when William Brock, father, husband, lawyer, adventurer, photographer, cancer survivor and author of Portraits of Hope, told his story to a crowd of approximately 180 people.

Brock was diagnosed with acute myeloid leukemia in September 2004, just seven years after his father died from the same disease. Brock was fortunate enough to receive a bone marrow transplant from his older brother, Gordon, at the Maisonneuve-Rosemont Hospital. After his recovery, he helped to establish the Fund for Education and Research into Blood Cancers. In spring 2010, to celebrate the fifth anniversary of his transplant, Brock cycled across Europe to raise money for the fund. He is also the man behind the book Portraits of Hope which features beautiful portraits of blood cancer survivors and those who helped them through the process – donors, doctors, nurses and family members. Many of the pictures were taken by Brock himself.

"There is nothing more powerful than knowing you're not alone," said Brock. "It makes going through cancer bearable." Brock emphasized the power of community, something that Hope & Cope specializes in.

At the end of the seminar, the audience partook in a raffle in which Brock proceeded to call out numbers and hand out prizes. Following, guests were invited to a beautiful dessert buffet in the lobby of the hospital.

— Mireille Alvo

Yesterday was the fourth Survivorship day conference that we have attended. Both my husband and I agree that this was by far the best one. Not once did we look at the clock. We were captivated from beginning to end. I want to thank you, especially as my husband was diagnosed with cancer 2 months ago. He walked away from this conference with a positive feeling.

*Again, thank you to all
at Hope & Cope,*

*Marcella St. Amour &
Robbie Kirkpatrick*



Volunteers hand out information and surveys at registration.



Guest speaker William Brock.



*Past President
Nancy Wiseman
with prize
winner.*



*Drawing the raffle prize
winners, left to right:
Hinda Goodman, Barbara
Hops, William Brock.*



*Refreshments served with a smile, left to right: Arlyne Saks,
Evelyne Garceau, Molly Ann Rothschild, Lisa Levett .*

Photos: Howard Kay

CancerFightClub: Building a Strong Community for Young Adults

Since Emily Drake came on board as Director of CancerFightClub 18 months ago, our programming for young adults has expanded considerably.

Whether online, through CancerFightClub.com, or in person through a variety of social, recreational and educational activities, the goal of CancerFightClub (CFC) is twofold: to provide age appropriate resources and to create a supportive environment for young adults, ages 18-39, with cancer. "Everything we do," insists Emily, "is a tool to build community."

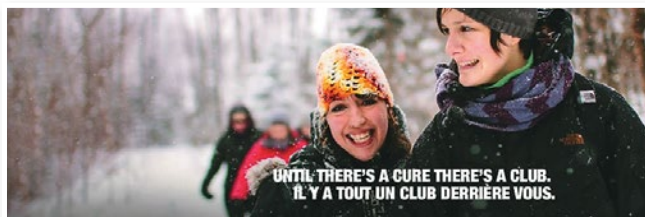
It's a community that has existed, in one form or another, for the past 30 years, ever since Hope & Cope introduced Montreal's first Young Adult Cancer Support Group in 1985. At that time, young adults in our Patients' Support Group told us that they needed a space of their own to connect with each other and discuss concerns like infertility, body image and dating.

Throughout the years, our young adult programming has evolved both with the times and the ever-changing needs of this vulnerable and under-served population. The establishment of Lou's House – the JGH Hope & Cope Wellness Centre – in 2007 was a key part of this evolution, as this house has truly become the home for our young adult cancer program.

In 2009, young adults from the Montreal-Ottawa-Toronto-Southern Ontario corridor participated in a weekend retreat to help define their needs and preferences. It was out of these discussions that CancerFightClub.com was born. This interactive web site and on-line community is a go-to site for Canadian young adults living with cancer, with frequent visits from people around the world. It features various resources for young adults and their families, a blog, an events calendar and an active social media presence (facebook.com/thecancerfightclubcommunity; @Twitter). All facets of our on-line program encourage young adults living with cancer and their supporters to live well.

Highlights of 2014 included the launch of "Mix it up Mondays", featuring new physical activities such as circuit training, dance classes and a summer walking club, a popular cooking class led by Caitlin O'Brien with an emphasis on healthy, easy to prepare meals with inexpensive ingredients, and monthly CancerFightClub Cafés. A recent café featured a fascinating, honest exchange in which young adults explained to second-year medical students what their doctors did right and what they wish their doctors had known about their experience as young adults with cancer.

Another important development has been increased collaboration between CancerFightClub and *En famille*. As Emily explains, "En



famille Coordinator Sandy Lipkus and I are working together to ensure that Hope & Cope provides a full complement of services to the young adult population."

This past year, CancerFightClub established itself as a powerful voice and advocate for the needs of young adults with cancer. For example, Emily co-founded #ayacsm (Adolescent and Young Adult Cancer Social Movement) and moderated the first ever tweet chat for fellow advocates. Held on Twitter every third Thursday of the month, it attracts many of the premiere

cancer organizations in North America and beyond. In November, Emily founded #mayacc (Metastatic and Advanced Young Adult Cancer Community) and she hosts tweet chats with young adults living with metastatic and advanced cancer on the second Tuesday of every month. As well, she presented at various conferences throughout North America including Stupid Cancer's OMG2014 conference, CAPO

(Canadian Association of Psychosocial Oncology), SAYAO (Society of Adolescent and Young Adult Oncology), CANO (Canadian Association of Nurses in Oncology), Critical Mass (formerly LIVESTRONG Young Adult Alliance), and the Beatrice Hunter Cancer Research Institute's Annual Conference where she was the opening plenary speaker.

Highly enjoyable social events included a sumptuous summer BBQ hosted and sponsored by members of the Antony Proteau fundraising team (see story, page 20), and a Greek-themed December Holiday Party hosted by volunteer Anastasia (Daisy) Lappos and her committee. "We are lucky here in Montreal to have the most comprehensive and interconnected community model around," says Emily, "and this includes people like Daisy and the friends of Antony Proteau, who support us in every way."

Celebrating 30 years of young adult programming in 2015!

CancerFightClub will be front and centre throughout the year, with special events to mark and celebrate this milestone anniversary. An additional focus will be to raise awareness of young adult cancer and funds for Hope & Cope's innovative programming. Plans are underway for the second Advanced Cancer Retreat, which will be held in March. Introduced last year at the request of young adults who felt that their unique needs were not being met, this retreat was a first in Canada. "We are continuing to build on our expertise in supporting young adults with metastatic and advanced disease," notes Emily.

En famille Offers a Wealth of Practical Resources and Support to Young Families Coping with Cancer

Since 2011, the *En famille* program has helped 354 families with young children cope when a parent has cancer.

Program Coordinator Sandy Lipkus explains that when meeting with parents for the first time, she assesses their specific needs, beginning with questions such as “Do the children know that their mother or father has been diagnosed with cancer? Has the school been told?” In fact, Sandy recommends that everyone involved with the children be told because the impact of a cancer diagnosis will affect everything from their mood to their academic performance to their behaviour.

“Things aren’t the same at home anymore,” is a common complaint of teenagers, whose lives have changed dramatically and who often have the added responsibility of looking after younger siblings when a parent is ill. Younger children also struggle with these changes, for example, asking their mother why she didn’t take them to school today or why they can’t invite their friends over anymore.

Given that some children have difficulty expressing their emotions verbally, *En famille* hosted two successful creative workshops last June, one for teens and the other for children ages 6-11. The goal was to create a welcoming, accepting environment using art as a medium for self expression and as a springboard for discussion. These workshops were facilitated by Sandy Lipkus and fellow social worker Rifka Hanfling with the help of volunteers. Teenagers were given a two-sided mask and were asked to decorate their two faces: the “outer mask”, representing the face they show to the world, and the “inner mask”, representing their true selves. The younger children made their own sock puppets and role played common situations and sources of conflict that occur with their parents and siblings. These workshops were very well received by the children and their parents, and two more are being planned for 2015.

A wealth of age-appropriate information is provided in the comprehensive kits prepared by *En famille*. Newly diagnosed parents receive the kit entitled *How to Talk to Your Child When a Parent Has Cancer*. Other kits include ones that deal specifically with end-of-life issues and bereavement. A total of 108 kits were distributed, with an equal number requested in English and French.

Family dynamics have changed considerably over the years. “The family unit isn’t necessarily a mother, father and two kids. There are single parent families, there are same sex parents and there are grandparents who have stepped in to take over the parenting,” notes Sandy. In recognition of these changes, two medical students



Abby Wolfensohn with her basket for *En famille*. Each Grade 6 student at Akiva School prepared a basket for the charity of their choice. Abby, whose grandmother, Sandy Lipkus, is the staff coordinator of Hope & Cope's *En famille* program, held a garage sale and used the proceeds to purchase a basket filled to the brim with treats.



Photos: Haley Kandelshien

Family Fun Day a huge success.

with McGill University's CHAP program researched information and resources to be added to a new section in the kits designed specifically for the needs of single-parent families.

Parents also are encouraged to borrow books from *En famille*'s library of material for children written in both English and French.

A highly successful component of *En famille* is its popular meal program, affectionately called Kerry's Kitchen. A growing number of enthusiastic cooks recruited by Kerry Kaufman, volunteer par excellence, prepare nutritious and

delicious homemade meals that are distributed to patients who are too tired to cook after their chemotherapy treatments. The meals are kept in a specially designated freezer, with all the ingredients clearly listed on each container. Kerry and her crew of volunteers also offer a delivery service for those patients who are unable to come to the hospital. A grand total of 316 meals were distributed to 85 families, representing a 105% increase over the previous year. Grocery coupons are given to families who qualify for this service. As well, *En famille* administers a Compassionate Fund to assist with urgent, concrete needs.



Family Fun Day featured a BBQ and various activities.

Another major development in 2014 has been greater integration between *En famille* and CancerFightClub, Hope & Cope's program for young adults. Many parents who are in their 30s can and do benefit from the unique services offered through both of these programs.

ActivOnco Leads Exercise Breaks at International Congress on Palliative Care

The International Congress on Palliative Care was held at the Palais des congrès September 9-12, 2014. Specialists in palliative care from all over the world came together to share information and new ideas.

Promoted on the Congress' website as "self care activities", instructors from ActivOnco, the Hope & Cope exercise and rehabilitation service for cancer patients, provided delegates with much appreciated exercise breaks before the days' programs began. The wide range of activities included qi gong, tai chi, zumba, yoga and Pilates as well as indoor and outdoor walks.

"All classes were filled in advance," says Daniel Vales, the Hope & Cope staff physiotherapist who coordinated the various exercise modules. "We were well organized and ready with a variety of activities and volunteers with extensive experience. Zumba for women with volunteer Nechama Galperin was the most popular."

Lisa Mastroianni, an exercise physiologist at the Wellness Centre,

led a 30-minute walk around the Old Port. "I had a doctor from South Korea in my group and another lady from Vancouver. They were very appreciative".

"I got great feedback," offered volunteer Pilates instructor Bluma Blicher. "Whoever came loved it. Some came twice!"

Thanks to Hope & Cope staff Daniel Vales, Lisa Mastroianni, and Marize Ibrahim along with volunteers Kim Chi Pham, Brauna Rosen, Jack Hazan, Mackenzie Fleetham, Bluma Blicher, and Nechama Galperin for providing participants at this year's Congress with the finest activities our ActivOnco program has to offer.

— Mariam Bowen

ActivOnco instructors



Kim Chi Pham

A certified instructor of Integral Tai-chi since 2007, Kim is a member of the Compassionate Service Society (CSS), a non profit organization founded by Master Hang Truong.



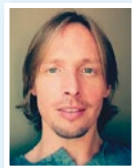
Brauna Rosen

Over the years, Brauna has taught many classes in martial arts and Qigong but the most rewarding and beneficial teaching has been in the last 6 years at the JGH Hope & Cope Wellness Centre – Lou's House.



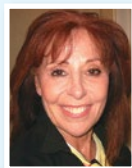
Jack Hazan

Jack is an engineer and administrator with a passion for Yoga. A volunteer at the JGH Hope & Cope Wellness Centre – Lou's House since 2008, Jack teaches gentle yoga and facilitates relaxation workshops.



Mackenzie Fleetham

Mackenzie continues to study under many great teachers and has accumulated multiple certifications in various styles. Dance, acrobatics, Yoga and volunteering continue to play an important role in his personal and professional development.



Bluma Blicher

Bluma Blicher, B.A. Dip Ed., earned her fitness certifications from ACE and Cain in aerobics and personal training, certifications in water fitness, Cala and Reebok indoor cycling. She is a member of Canfitpro.



Marize Ibrahim

Marize completed her undergraduate degree in kinesiology at the University of Toronto followed by her Master's degree at McGill University in Physical Therapy (PT). A member of Hope & Cope's ActivOnco team, she is currently involved with clinical research projects at the Montreal Children's Hospital in the Trauma Concussion department and with her specialization in Oncology Rehabilitation at Hope & Cope and the Jewish General Hospital.



Lisa Mastroianni

Lisa completed her undergraduate degree at Concordia University in Exercise Science with a Specialization in Clinical Exercise Physiology. A member of Hope & Cope's ActivOnco team, she works closely with the young adult population. She is also a Certified Exercise Physiologist and a member of Exercise in Medicine Canada Level 2.



Daniel Vales

Daniel completed his undergraduate degree in Kinesiology at the University of Montreal, his Master's degree at McGill University in Physical Therapy and his Gerontology Attestation at Marie-Victorin College. He is specialized in Oncology Rehabilitation and he works as a physiotherapist with Hope & Cope's ActivOnco Program and at the Royal Victoria Hospital.

CARING COMMUNITY

"Electric City" Raises over \$100,000 for *En famille*

Tamar Ostrega Perlman, mother of two young children, was in her early forties when she was diagnosed with cancer and passed away nine months later. To honour her memory, to celebrate her life and to raise awareness of Hope & Cope's *En famille* program, Tamar's husband, Monte Perlman, together with Orit Eisenberg, Wendy Zelnicker, members from T.O.P. (the Tamar Ostrega Perlman Fund) and *En famille* organized a unique fundraising event called Electric City.

This jam-packed family-centred evening took place on September 6th and offered a rich variety of activities including a bull-riding station, a gladiator joust, paintball, a velcro wall, video arcades, pool and air hockey tables, make-up artists and tattoo stations, all in a glow-in-the-dark, neon setting. There was also a live DJ, dancing and a wide choice of delectable food to satisfy both children and adults.

The success of this event was due to the unwavering commitment of the organizers, the generous support of many donors and sponsors, and of course, the hundreds of people who came to experience a one-of-a-kind evening in support of families facing a cancer diagnosis. In the words of Eric Gralnick, one of the founders of *En famille*, "Monte, Wendy and Orit combined vision with drive and created an extraordinary and uniquely engaging family event. The synergy created between T.O.P. and the *En famille* team enabled us to reach even more generous donors so that we raised over \$100,000 – truly a stunning success!"

— Gayle A. Shinder, PhD



Electric City Committee members: from top left – Kerry Kaufman, Jen Mashaal, Janet Presser, Wendy Zelnicker, Diana Salvati, Heather Kugler, Lionel Soussan, Ali Greenberg, Chelsea Ostrega, Stacey Brotman, Julie Wiener, Tal Arbel, Jordana Cobrin. Bottom left – Neil Mardinger, Debbie Cohen, Orit Eisenberg, Monte Perlman, Stacey Eisenberg, Eric Gralnick, Laurence Paperman.

Absent from photo: Bonni Caron, Lisa Steinberg, Judy Miller, Randi Schapira, Marjorie Kirsch, Nadine Mardinger.

*T.O.P. Chairs: Monte Perlman, Orit Eisenberg and Wendy Zelnicker
En famille committee: Lionel Soussan, Eric Gralnick, Laurence Paperman, Neil Mardinger, Kerry Kaufman.*

Vanier College Supercamp Stages Super Fundraiser

On August 6th, a steady stream of drivers waited patiently to have their cars washed for \$5.00 by a group of enthusiastic staff, counsellors and counselors-in-training at Vanier College Supercamp. Freezies and water bottles were sold on site to help cool everyone off on that hot summer day. Proceeds of \$1,200 from this endeavour were donated to CancerFightClub, Hope & Cope's young adult program.

The event was an initiative of Lora Tombari, Office Manager at Hope & Cope, whose daughter, Emma Minuk, spent the summer as a counselor-in-training at the camp. It was coordinated and supervised by Greg Wise, responsible for the Counselor-in-Training Program, with the support of Whorn Roy, Camp Director. Along with Ms. Tombari, Hope & Cope was represented by Emily Drake, Director of CancerFightClub, and volunteer Debbie Bridgman, a four-time cancer survivor and mentor to many of our young adults.



Working at the car wash, from left to right: Lora Tombari, Greg Wise, Chandler Shapiro, Christopher Simeone, Alexandra Janho (sitting), Rhianna Kestembaum, Daniel Spinali, Harrison Goldberg, Emily Drake, Stephanie Symons (sitting), Eric Schmidt (sitting).

Elegant Bridge Luncheon Raises Funds for Resource Room

Hope & Cope was fortunate, for the fourth year in a row, to have Beverley Friedman and Hainya Wiseman, "the queen of entertainment", as she has been called by the Montreal Gazette, kindly co-host what has become a very successful fundraiser, namely the Bridge Luncheon.

It is no surprise that these two charming ladies raised the amazing amount of \$16, 100, funds so dearly needed by our Resource Room.

Hope & Cope's Resource Room provides women undergoing treatment with free wigs, mastectomy bras and prostheses. The money raised allows us not only to buy newer and more fashionable wigs but also more age-appropriate ones, given that, unfortunately, younger women in their 20s and 30s are affected by cancer. As well, it provides us with a dedicated budget to pay for the services of a professional hairdresser who shampoos, coiffs and styles the wigs.



Beverley Friedman and Hainya Wiseman



Huguette Silcoff and Jeannette Valmont

The beautifully decorated venue for this fundraiser, the free parking facilities and the bridge games that follow the luncheon are a draw for generous patrons, many of whom are seasoned bridge players. In fact, this past year, there was a waiting list, although even those women who could not participate donated to the cause.

The incredible food spread is another highlight of this event. The delicately and deliciously prepared plates are a tribute to the generosity and talent of the organizers, who prepare everything themselves, from the savory lunch plates to the dessert buffet, and serve them all in the most elegant, sophisticated and exquisite style.

Representing Hope & Cope were our Co-Chairperson, Marlene King, Past Co-President, Jeannette Valmont, Office Manager, Lora Tombari, and office volunteer representative, Huguette Silcoff. Mrs. Silcoff explained how the main office volunteers assist patients with wig-fittings, a responsibility they find very gratifying as they witness firsthand how finding attractive head coverings contributes to patients' improved self-esteem.

Mrs. Silcoff read the following testimonial from one of the patients who benefitted from the resources this fundraiser provides:

"After a year-and-a-half of treatment for breast cancer, I am finally finished and would like to thank you for your wonderful support. I was so grateful for the wig you provided which I used continuously for over 10 months! It provided a lot of comfort to me during a very difficult time."

Many thanks,

A.P.

Our deepest gratitude goes to these two incredibly dedicated and dynamic ladies, Beverley and Hainya, as well as to all the participants who made this event such a success.

— Serena Black

Volunteer Initiative Helps Fill an Important Need

Stocked with wigs, turbans, scarves, mastectomy bras and prostheses, Hope & Cope's Resource Room is a godsend to the hundreds of women who visit each year, struggling with the appearance-related side effects of cancer treatment.

Thanks to the generosity of several suppliers, we have a steady supply of wigs and headwear to distribute free of charge. However, five years ago, it became apparent that we were not able to meet the increased need for attractive mastectomy bras and prostheses, particularly for fuller-sized women.

Hope & Cope volunteers Sylvie Grégoire and Jeannette Valmont took it upon themselves to solve this problem, but despite their tenacity, finding a local supplier proved to be an exercise in frustration. "We knocked on every door but came up empty handed," Jeannette recalls. When she told fellow volunteer Miriam Schuster and her husband, Lenny Osten, about the problem, they were compelled to help.

As Lenny explains, "Our heart goes out to the many women who have to go through a double trauma – the trauma of mastectomy and then the trauma of not being able to afford to buy a bra or a prosthesis, which can be very expensive. We also have a lot of respect for Hope & Cope Founder Sheila Kussner, which is why we made a commitment to find a supplier."



Sample wigs, scarves and hats on display at a table in the Hope & Cope reception area.

Lenny, who is in the import business, turned to his network of contacts and after three months, was able to connect with a manufacturer in China who was willing to supply 100 prostheses and 200 bras in various sizes at a low price. "They are really beautiful and our patients are thrilled," reports Jeannette.

As well, along with Jeannette and her husband, René, Miriam and Lenny have made their own personal contributions to the project through the Annual Bridge Luncheon, a fundraiser dedicated to ensuring the Hope & Cope Resource Room is always well stocked.

Calling All Ponytails



Event organizer Jade Pollack (second from left), with massage therapists who donated their time and expertise at the Ponytail Drive.

A new addition to Hope & Cope's busy lineup of events came on May 25, 2014 at Moksha Yoga in NDG, with its first ever Ponytail Drive. Admission to this event was \$20. Its aim was to collect as many ponytails as possible for wig donation as well as to raise money and awareness for Hope & Cope's wellness programs at Lou's House.

"The motto of the event was complementary lifestyle choices for patients with cancer," explains Jade Pollack, event organizer. Attendees were encouraged to support the cause by purchasing on-site massage therapy and reflexology sessions, henna art, rainbow woven bracelets and fresh juices.

The Ponytail drive came to fruition because Pollack, who had always wanted to donate her hair for wigs, finally got the courage to do it. "Prior to creating the event I was ready to make the cut and figured I would try and collect donations from those around me in support of it," she explains. "I looked into various associations to donate the funds and learned about Hope & Cope through a dear friend who had benefited greatly from their services. I found they had a mission that was in line with what I believed in."

While planning for her cut, it occurred to Pollack that this was the type of initiative that could encourage public participation. And just like that, the Ponytail Drive came to be.

"One person can make a ripple, but collectively we can create waves and I think that Hope & Cope, with 400+ volunteers and community support, is an incredible example of this."

Everyone who attended the event learned something new and loved the raffle and prizes generously donated by local businesses.

"I am so grateful to Moksha Yoga for providing the space for what turned out to be a healing event for everyone," says Pollack.

— Mireille Alvo

Lucky 7 for Dorval, Sources and St. Henri Auto Parts Walk-a-thon: \$72,000 raised



Enjoying the walk on a beautiful late summer day.

Alex Trichas, Chris, Nick and André Dimopolous, proprietors of a successful family-run auto parts business, have a proven knack for philanthropy. Seven years ago, they teamed up with Hope & Cope, offering to raise much needed funds through a walk-a-thon for ActivOnco, an innovative, individualized exercise program that teaches cancer patients how to incorporate physical activities into their daily lives, both during and after cancer treatment.

Held on September 7th at St. Maxime Park in Chomedey, Laval, the 2014 walk-a-thon raised \$72,000, double the amount of 2008, when the first walk-a-thon was held. The combined seven-year total of this project is an impressive \$359,000.

Participants, who come from all walks of life, each are asked to guarantee a minimum of \$25 through sponsorships. Volunteers and suppliers contribute to the festive atmosphere which includes a delicious BBQ lunch.



72,000 reasons to cheer as the organizers of the Dorval, Sources and St. Henri Auto Parts Walk-a-thon present the cheque to Hope & Cope Co-chairs Marlene and Joel King.



At the grill.

says Hope & Cope Executive Director Suzanne O'Brien. "As our ActivOnco program continues to show, there are many benefits to exercising during cancer treatment, including improvements in flexibility, endurance, balance and strength, enhanced mood, and the ability to deal with some of the more challenging side effects of treatment such as extreme fatigue."

This year's walk-a-thon will take place on Sunday, September 6, 2015. Anyone who is interested in participating, as a sponsor, walker or supplier, can contact Alex Trichas at 514-633-0920 ext. 222, or alex@dorvalautoparts.com.

Two Events, One Mission

In Memory of Antony Proteau

Winter and spring were busy times for the Antony Proteau team, which hosted two amazing events. On March 1st, the Proteau Winter Classic at the Plaza Volare in the Crown Plaza Hotel, attracted about 200 guests and netted over \$26,000. On June 14, the Ball Hockey Tournament rolled its way into the Bill Durnan Arena in NDG/Cote-des-Neiges, where close to 125 participants and 250 guests raised \$32,000.

These events began in 2012 in loving memory of Antony Proteau, an inspirational, out-going young man who lost his battle to rhabdomyosarcoma. Close family and friends, including James Lavinskas, Matthew Chaussé, Keif Orsini, Richard Ribaya, Tim Schiavi, Matthew Picciuto, Dan Laplante and Greg Di Lella, established the Antony Proteau Fund.

"We started planning the first ball hockey tournament in February, 2012 and at our first event on June 16th we made over \$30,000," says James Lavinskas. "Since then, we have hosted two galas (a third one planned for March 21, 2015) and two other tournaments. In two years we have raised a grand total of \$150,000."

"Our events are organized with a vision of how Antony would have liked it," says James. "We are able to bring the community together for a great cause and help honour and remember a remarkable friend." Both events have proven to be great successes every year. Proceeds help support the weekend retreats for CancerFightClub, a young adult program of Hope & Cope.

"We were able to help fund the first-ever retreat for young adults living with metastatic and advanced cancer," explains Matthew Chaussé. "But the real work is done by all those at Hope & Cope and CancerFightClub, especially Suzanne O'Brien, Emily Drake and their teams. We plan on doing this for as long



Photos: Celia Lavinskas

Victory! The winning team, Krombacher, at the 3rd Annual Antony Proteau Ball Hockey Tournament.

as possible. We have made a commitment to the community to help young adults in a way that allows them to focus on living well."

In addition to donating proceeds to CancerFightClub, the Antony Proteau Fund has a strong interest in continuing its mission of enriching the local community. To this end, each year, the Proteau Fund supports the NDG Minor Hockey Association by paying for a child's registration and hockey gear.

Sponsors, donors and supporters are always welcomed. To show your support, please send an email to ap12fund@gmail.com. For up-to-date information, please visit their Facebook page at www.facebook.com/AP12fund or follow them on Twitter at @ap12fund.

— Mireille Alvo



Jackets, ties and hockey sticks: members of the Winter Classic organizing committee strike a familiar pose.

New Treadmill a Tribute to Nancy Fried

Nancy Fried was a firm believer in the value of exercise both during and after cancer treatment. When Hope & Cope opened its Wellness Centre in 2007, she jumped at the chance to be a volunteer with our Exercise Team and graciously accepted the responsibility of acting as the first exercise team leader from 2008-2010. Highly effective with patients on a one-to-one basis, she shone in this leadership role, contributing a great deal to the cohesion and spirit of this important team.

Sadly, Nancy passed away in 2011. As a tribute to her memory and in recognition of her passion for helping others, her family established the Nancy Fried Memorial Fund. In October, 2014, proceeds from the fund were used to purchase a state-of-the-art treadmill specially adapted to the needs of our patients.



Irwin Fried, fifth from left, family and friends, get a first-hand look at the newly acquired treadmill purchased with funds from the Nancy Fried Memorial Fund.

Linda Saab Golf Tournament: a Community Comes Together

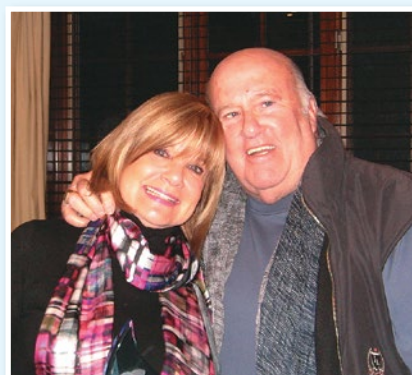
For the 24th year in a row, Hope & Cope has benefited from the loyal supporters of the Linda Saab Golf Tournament. Held on September 17th this much anticipated annual event, in loving memory of Linda Saab, raised funds for cancer care in the Montreal area, turning over \$30,000 to Hope & Cope.

Proceeds will be directed towards our workshops and lectures that help patients to take charge of their lives after cancer, addressing topics such as fear of recurrence, concerns regarding going back to work, communication, exercise and nutrition.

Participating for the first time, Hope & Cope President Ida Teoli was impressed with how well organized and well attended the event was. In a letter thanking tireless organizers Charlie Bozian and Mel Peress, she wrote, "What struck me the most was the community that the donors, players and sponsors have created over the years. This was very evident during the tournament throughout the afternoon and later during the cocktails and dinner. It is this creation of community which helps us contribute to the causes that are dear to us and we are grateful that Hope & Cope is a beneficiary of your commitment and generosity."



Special Thanks to a Special Couple



Longtime donors Sandra and Phil Guthertz were honoured with a plaque gratefully acknowledging their generosity and steadfast support. The couple has graciously supplied attractive turbans and scarves of the highest quality for Hope & Cope's Resource Room over a period of many years.

A Warm Blanket Takes the Chill out of Winter

On December 16th, a group of children from Genesis Elementary School in Laval came to Hope & Cope bearing gifts – 10 blankets they had knitted to keep cancer patients warm as they receive their chemotherapy treatments.

The Blankets of Hope project is an initiative of Carmela Pistilli, the school's secretary. Both of Ms. Pistilli's parents were treated for cancer at the Jewish General Hospital. Her mother, Maria Di Biase Pistilli, passed away three years ago and Carmela continues to be grateful for the care they received, particularly from oncology social worker Brahms Silver, Hope & Cope and the Palliative Care team. "While absent from work, I learned how to knit. One night, it hit me that I wanted to give back, in memory of my mother and in honour of my father, by knitting blankets for patients. My friend Sonia Terceria, who is also a teacher, suggested starting a knitting club at school and another friend, substitute teacher Ellie Facchino, offered to help as well. We got the principal's permission and the response was amazing," says Ms. Pistilli.

Twenty-five children between the ages of 9 and 12 joined the knitting club, which meets twice a week at the school.

Mr. Silver praised the children, explaining how meaningful their gifts are, especially at a time of year where everyone celebrates



Children from the Genesis Elementary School Knitting Club display their handiwork, with (back row, left to right) Carmela Pistilli, Diana Cugliandro, Nikki De Crescenzo Eleonora Bergamini, Michele Pistilli, Dr. Gerald Batist, Brahms Silver.

the holiday season. "Maybe one of you will one day discover a cure for cancer," he suggested. Dr. Gerald Batist, Director of the Segal Cancer Centre, added his words of thanks to the children for their "very special" gift to cancer patients.

Photo: JGH Audio Visual Services

Men's Club – a Real Success Story

Every third Tuesday of the month, an average of 18 to 40 men meet at Lou's House as part of Hope & Cope's Men's Club. Facilitated by Radiotherapy Volunteer Yvon Patry, who founded the group close to five years ago, the Men's Club provides its members with a safe, secure space in which to confide in each other and obtain the support they need.

"There is a high level of trust within the group," marvels staff coordinator Sandy Lipkus. "The men have developed very close bonds. In fact, many have been coming since the beginning." New recruits are always welcome and quickly integrate within the group. In addition to providing a forum for learning and sharing, the club is a morale booster, contributing to improved well-being for its 60 members.

Key to the success of the Men's Club is the remarkable dedication and personal touch that Yvon provides. He personally calls each new recruit to invite them to the meetings, is attuned to everyone's needs and speaks regularly with Sandy to follow up on any concerns that need to be addressed.

The monthly meetings are run bilingually and alternate between roundtable sharing sessions and those featuring guest speakers on particular topics of interest to the men and/or special events such as the annual holiday party in December. "One of our members was released from the hospital the same day as our holiday party and despite being very weak, he insisted on coming to the party," noted Yvon.

Highlights of 2014 included:

- Summer BBQ at Lou's House, sponsored by the Bill Hersh Memorial Fund, attended by 46 people
- Walk on Mount Royal in early fall, attended by 9 members of the group
- Guest speaker Dr. Peter Chan, Associate Professor of Urology and Director of Male Reproductive Medicine at McGill University, who spoke about men's sexuality during and after cancer, followed by a lively question and answer period
- Healthy cooking demonstration by volunteer Marianna Pham, who taught the men how to prepare an easy, nutritious dish
- Two separate presentations by Daniel Vales, a physiotherapist with Hope & Cope's ActivOnco program, who led the men through some chair exercises and provided many tips on exercising safely and effectively



Dear Yvon,

Unfortunately, I will not be able to attend this breakfast, but will be at the next one. I have finished my chemo since I last saw you and in many ways, it is hard to believe that 11 months of treatment have passed.

I am slowly starting to reclaim my new life (2nd chance), and although I know the process will take time and patience, I have much gratitude for the chance. I'm back in school to update some of my skills and have started working out with a trainer twice a week.

Please extend my hello to all the gentlemen in the group.

*Best regards,
Jonathan Levine*



Palliative Care Team Helps Improve Quality of Life

"Palliative care" can be frightening words, yet, the staff and volunteers of 4 Main have managed to make the palliative unit a peaceful, serene and homey place. From the fully equipped family room to the lovely donated blankets adorning patients' beds to the familiar personal objects patients bring, the unit is conducive to quiet and relaxed visits and as close to home as a hospital wing can be.

The goal of palliative care is to improve the quality of life, for both patients and their families, by controlling pain and trying to reduce all other distressing aspects, be they physical or emotional, that come with end-of-life. This goal is achieved with a multidisciplinary team approach, and volunteers are an integral part of this team.

Under the supervision and guidance of Hope & Cope's Palliative Care Coordinator Anna Feindel, volunteers arrange a multitude of activities and gatherings throughout the year for both patients and their families. They organize tea/coffee events, celebrate birthdays and in rare instances, marriages between patients and loved ones.

Understanding the soothing effect of music, they organize musical sessions and mini concerts, sometimes at the patient's bedside. They also provide a wonderfully well-received pet therapy service where a volunteer brings a trained dog (certified by Therapeutic Paws of Canada) to visit patients in their rooms, giving them a few moments of distraction and pleasure. Patients also are allowed visits from their own pets, especially during long hospital stays. How uplifting for them to have an afternoon with their favourite pet!

During the holiday season, gift-giving takes a new twist on the floor, when volunteers wheel a cart with unwrapped gifts generously donated by other volunteers, staff and members of the community, allowing patients to choose a gift to give to their loved ones. Volunteers then wrap the chosen item in beautiful, festive paper, thus providing patients with the "gift of giving".

Volunteers on the palliative care team follow a rigorous training course which has been updated and revamped, incorporating some of the suggestions of a focus group and survey conducted with previously trained volunteers. Training is now less theoretical and more focused on situations that may be encountered on the unit.

As well, in order to constantly improve

their services, the focus of team meetings is on discussing successfully handled cases and analyzing the ones that were less so, with the goal of ameliorating communication between patients, families and staff.

The volunteers were instrumental in the launch of the Canadian Virtual Hospice blog, where caregivers providing palliative care at home without access to support groups or

unable to join one, can communicate on-line with one another or just simply share feelings and emotions with others going through this sorrowful period. Specially trained volunteers are available to help facilitate these interactions. This on-line tool has become extremely successful and it has grown significantly in numbers in a short period of time, clearly indicating how essential such a service is to the community at large.

Another successful project, greatly appreciated by patients and families, has been implemented by Anna and a "stagiaire" (trainee) on the floor, who suggested gathering information on patients by asking such questions as: "How do you like to be called? What in your life makes you proudest? Who are your loved ones?" This information is then posted on a sheet above the bed for others to share, generating discussions and facilitating communication.

— Serena Black

The unit is conducive to quiet and relaxed visits and as close to home as a hospital wing can be.

Excerpts from a letter from the daughter of a patient:

"I do feel it imperative that you and your volunteer team know how much of a difference you all have made during this stress-filled and emotionally painful time in our lives.

In our eyes, the hospital doctors, nurses, orderlies and Hope & Cope volunteers interact in harmony to provide a separate world within this hospital – an oasis filled with warmth, respect and thoughtfulness beyond mere words; a world providing a constant calm, soothing, safe atmosphere where the patients and their final wishes fully matter 24/7 ... and where countless volunteers smile, talk and sit for a while.

"All these touches have lent a kind, steadying hand and many a hug to all of us during this most unfortunate time in our lives. Again, we thank you so very much."

Save costs, save trees!

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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.

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

Bereavement Service Offers Support Through Difficult Time of Grief

Hope & Cope's Bereavement program, coordinated by Robyn Wilkenfeld, is a natural extension of our palliative care services.

This program allows families who received our care and support during their loved one's palliative care stay to obtain support through the difficult time of grief.

This service is not limited to Jewish General Hospital patients but is offered to the population of the entire island of Montreal. In fact, all families who have lost loved ones to cancer can avail themselves of this program.

As part of this program, Robyn facilitates a support group a few times a year either in the afternoon or evening for a seven-week period. A recap session gives the participants additional coping skills to continue managing their grief.

These sessions create an opportunity for people sharing common emotions to form bonds of mutual support – bonds that often continue well past the group's sessions and at times result in lifelong newfound friendships.

As well, some grieving family members continue to meet informally, well after the end of the sessions. They know that, if and when the need arises, they can always call Robyn, who makes herself readily available to address their questions and concerns.

Furthermore, people mourning family members or friends can be matched by phone with others going through the same type of loss, thus supporting each other through an added means of comfort and understanding.

Another welcomed aspect of this program is the "mourning walks" that are conducted every Thursday morning by Alice Lehrer on Mount Royal. This different form of support offers a unique and meaningful opportunity to grieve all while benefiting from fresh air and exercise.

Two yearly non-denominational memorial services, usually in January and April, are offered at the Jewish General Hospital. These services provide one more opportunity not only to remember and celebrate the lives of departed loved ones, but to reconnect with people previously met at support groups or walks.

— Serena Black

Support Programs for Every Age and Stage

Hope & Cope's Support Program is designed to help patients and their families through all stages of the cancer experience including bereavement. There are now 21 different support groups, some community based, others part of Hope & Cope's offerings, as well as one-day workshops. Since it opened in 2007, Lou's House – Hope & Cope's Wellness Centre – has offered a warm, welcoming environment for these groups and workshops that are open to the Montreal community. All groups and workshops are led by experienced volunteer facilitators.

Take Charge of Your Life after Cancer is a well-attended one-day workshop that helps patients to overcome some of the key challenges they face once treatment has ended. This informative day includes talks with an oncology nurse, a dietitian, a physiotherapist and a sex therapist. The ever-popular **Think Smart, Live Well** workshop, offered monthly in English and several times per year in French, provides patients and caregivers with essential tools for dealing with stress and anxiety.

Our support groups have had a successful year. These include:

- The **Newly Diagnosed Breast Cancer** group provides important information and encouragement to patients who are dealing with the shock and stress of a new diagnosis. "As the session went on, they bonded beautifully," says longtime facilitator Nicie Levi. "They have met outside the Wellness Centre and have been so helpful to each other. And that's what a support group is! Support is the name of the game."
- The **Breast Friends Group** for metastatic breast cancer patients celebrated its 10th anniversary last October (see story, page 12).
- The **Gynecological Group** (formerly the Ovarian Circle) welcomes women with various gynecological cancers. It is divided between those in treatment and alumni who have finished treatment. Participant Helen Mavoudris attends this group and confesses, "I leave with a lighter load on my shoulders after each meeting. I feel the only safe place is at Hope & Cope. I feel at home, the most comfortable, where I can bare my soul, and am not afraid to be judged." Referring to the Wellness Centre, she says "It's an amazing place and an inspiration to meet other people going through this type of journey. It always raises your spirits and gives you hope to go on."

- The **Lung Group** is also divided between those currently in treatment and an alumni group.
- A new **French Patients Support Group** that encourages sharing meets twice monthly.
- The **70+ Club**, introduced in November, caters to seniors who would benefit from guidance concerning age-related issues when dealing with cancer. Their Friday morning sessions include light exercise, an art activity, lunch and discussion.
- The **Thyroid Group** meets a few times a year, the **Bladder Group** meets monthly, while the **Laryngectomy Group** meets monthly at the Jewish General Hospital.

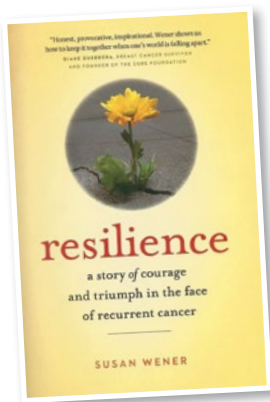
The first Thursday evening of the month is our community support program night and we continue to welcome **Multiple Myeloma, Colo-rectal** and **Ostomy** support groups to the Wellness Centre. A newly formed **Brain Tumor** support group for patients, caregivers and family members was well received. "I would like to tell you that you have brought a ray of sunshine to 8 people last night!" wrote Sophie Blondin, head of programs and services at the Brain Tumour Foundation of Canada in an e-mail to Hope & Cope Support Group team leader Sylvie Grégoire.

Starting in January 2015, there will be a new **Support Group for Orthodox Jewish Women**, led by Hope & Cope social worker Rifka Hanfling. The goal is to offer a safe, confidential, and trusting environment where these women can receive much needed information and support. Topics will include navigating the journey from diagnosis to remission, helping children and the family cope with cancer, nutrition, relaxation, exercise and coping skills. If you know of any Orthodox Jewish women who could benefit from being part of this group, please contact Rifka at 514 340-8222, ext. 4854.

Other new groups planned for 2015 include:

- **Parents' Group**, for parents of young children, under the auspices of Hope & Cope's *En famille* program
- **Prostate Cancer** Group
- **Post-treatment** Group

— Mariam Bowen



Resilience: A Story of Courage and Triumph in the Face of Recurrent Cancer

Anyone who has had a cancer diagnosis and felt overwhelmed by isolation and uncertainty will relate to Susan's Wener's moving memoir *Resilience*. Told with candor and wit, she draws on first-hand experience recovering from two cancers while incorporating her perspective as a therapist and educator who helps others face illness. As she noted in her book, "I wish I had the knowledge then that I have now about who to talk to or where to go for help. I desperately needed guidance. Today, I help my clients navigate that mysterious world of alternative medicine." In each chapter, Susan addresses a particular aspect of well-being and gives hard-won advice to her readers.

Her heartfelt narrative spans a 25-year journey, from her initial shock as a 36-year-old mother diagnosed with colon cancer followed by lung cancer five years later, to the wise grandmother she is today. She documents how, with unwavering optimism and determination, she explored alternative methods of treatment that complemented the traditional prescribed approach in medical care. She focuses on the harmony among the physical, spiritual and emotional aspects of her recovery.

Susan's indomitable spirit carries us along as she shares her strategies and perceptions that have led her through physical and emotional pain to health, joy and peace. "Hope and optimism are two of the many tools I carry with me wherever I go," she writes. "What is important is that we recognize and find those things that fill us and make us feel good." Her recurring message that we are all limitless in our potential is made more believable after reading her story of triumph and resilience.

An interview with Susan Wener, author of *Resilience*

What inspired you to tell your story after all these years?

When I was first sick, I went looking in book stores for books written by those who had survived 10, 15, or 20 years. I so badly wanted to model myself after someone who had made it but I was not able to find anything at that time. What I was really looking for was to see if cancer defined them. It was in this vein that I chose to write *Resilience* now. I wanted people to know that life has the capacity to unfold beautifully in spite of what happens to them!

Was it difficult to relive some of the suffering you went through?

It was very difficult to relive these experiences. I felt them in my body as if I was going through them over and over again. It is interesting to understand how deep cellular memory is. After writing the book I

felt tremendous physical and emotional relief. I suppose I still held on to a lot of pain without realizing it!

You are very open and frank, speaking of your relationships and innermost feelings. Was it difficult to reveal some of the personal details?

I always believed that if I was going to write this book I needed to be open and authentic. At first, I was not going to include some very intimate aspects of my life, like the issues I had with my mother-in-law, but it was my husband who encouraged me to tell it all. I think what we need when we are struggling is truth. While not everything I revealed was pretty, it was in fact true!

The book is a fine balance between memoir and teaching. How did you temper the therapist side of you with the patient?

I learned long ago to step away from myself and look at a situation from an objective perspective without emotion. I needed to learn this in order to survive.

What would you say to a reader who feels they may be lacking the support, (financial, emotional and intellectual) you had to help you overcome adversity?

I would say that there are so many more ways to get the help you need today than there were 25 years ago. Hospitals, CLSCs, libraries, organizations like Hope & Cope, social workers, etc., all have support systems in place. The truth is, however, when we are first diagnosed we need someone to hold our hand. It is very difficult to make good decisions when in shock and if we can have an extra pair of ears to listen, and someone to advocate for us it would make the process much better. In time, however, it will be up to each of us to do whatever it is we need to do to ensure health and well-being. Remember, what happens to us is just stuff. What we do with our stuff can define the quality of our lives!

Susan Wener, *RESILIENCE: A STORY OF COURAGE AND TRIUMPH IN THE FACE OF RECURRENT CANCER*
Figure 1 Publishing, 2014
ISBN 978-927958-02-05

— Mariam Bowen

Navigator Program Helps Relieve the Stress of Waiting for Treatment

The Navigator Program was initiated eight years ago in response to needs expressed in groups comprised of patients and families. It offers individual support, by telephone, to those waiting for confirmation of diagnosis and the beginning of treatment. By going over the logistics of the first days in treatment, providing information on the different support options available, including any required professional intervention, patients feel supported and reassured during this "in between" waiting period.

Since the program began in 2007, close to 1,000 calls have been made. Navigation through the strange, unfamiliar and at times intimidating system of a cancer diagnosis and treatment can be frustrating and daunting. The Navigator Program guides the patient to the proper resources to relieve undue stress and anxiety.

— Serena Black

Hope & Cope Office Teams: Seasoned Multi-Taskers

Our office volunteers are often the first people patients meet at the front desk at the Wellness Centre and in the hospital. As the “face” of Hope & Cope, this dedicated group of cheerful assistants not only mans the phone, directs patient enquiries, arranges massage appointments and wig-fittings, hands out complementary turbans and blankets but also sells fund-raising items, manages the library and takes donations among other tasks. Hope & Cope staff office coordinator Lora Tombari makes sure office procedures stay consistent so everything runs smoothly day-to-day.

This year saw a major change as the office volunteers were no longer responsible for stamping patients’ parking stubs. Patients eligible for the \$7 parking discount now deal directly with the JGH Security Department. In order to compensate for this reduced interaction with patients, office team members began visiting patients in the waiting areas on the 7th and 8th floors of the Segal Cancer Centre to distribute information about Hope & Cope support groups, upcoming workshops and special events.



Knitting away, left to right: Roz Baum, Ida Rouben, Gisèle Rouben. Absent from photo: Freda Applebaum.

Volunteers Roslyn Baum, Ida Rouben, Gisèle Rouben and Freda Applebaum took it upon themselves to knit beautiful scarves that were sold in October, netting \$750 for Hope & Cope.

Thanks to the efforts and financial contributions of Jeannette Valmont, Miriam Schuster and her husband, Lenny Osten, we now have a large inventory of mastectomy bras and prostheses for our patients.

Close to a dozen West Island College interns have benefitted from office training with Lora and Wellness Centre Manager Marcelle Keman.

One of Hope & Cope’s most popular holiday traditions is our holiday hospitality cart coordinated by Linda Hillenbrand. On December 16th, 2014 volunteers from the Office Team supplied baked goodies and distributed them with juices and candy to sweeten the holiday season for our patients.

Thanks to Lora and her volunteers for their hard work and competence in keeping our offices welcoming and well organized.

— Mariam Bowen

Holiday Cart Brings Smiles All Around

On December 16th, the 2014 **Holiday Hospitality Cart** made the rounds of the seventh and eighth floors of the Segal Cancer Centre, Radiation-Oncology, the Palliative Care Unit and hospitalized patients on the oncology units.

This was a “banner” baking year, with the largest quantity of baked treats ever! The holiday cart was beautifully decorated and the trays were brimming with mouth-watering baked and purchased cookies, cakes, chocolates, candy canes, juice boxes and, new this year, gluten free and vegan desserts.

Kudos and thanks to Lise Hillenbrand for coordinating this event and to every volunteer who contributed to its success. Special thanks to Lise and her fellow Office Team volunteers, Sonia Hazan and Barbara Klineberg, for delivering these treats to our patients and to retired volunteer, Faye Avrich, who could not resist coming back to help out with this greatly appreciated year-end activity.



Sonia Hazan, Lise Hillenbrand and Barbara Klineberg prepare holiday cart.

Massage Therapy Program Offers Many Benefits

Since the fall of 2014, Hope & Cope has been offering massage therapy, on referral, to a limited number of cancer patients who are experiencing pain and a high level of anxiety.

“In the larger cancer centres in the United States and here at the Segal Cancer Centre, massage is recognized as part of an interdisciplinary approach to care.”

According to Alexander (Sasha) Chubunov, a McGill University educated physiotherapist with Hope & Cope’s ActivOnco program and a trained massage therapist, massage has many proven benefits. These include stress reduction, release of muscle tension, better quality sleep and concentration and improved psychological well-being. “In the larger cancer centres in the United States and here at the Segal Cancer Centre, massage is recognized as part of an interdisciplinary approach to care,” notes Sasha, adding that patients often see positive results after just one session.

Sessions take place in the bright and cozy upstairs living room at Lou’s House – Hope & Cope’s Wellness Centre – where Sasha sets up a massage chair and plays relaxing music. Each patient receives a maximum of six massage therapy sessions, and the feedback has been very positive.

This well-received program is made possible thanks to the support of the Marilyn Fichman Memorial Fund. Mrs. Fichman, who lived with cancer for many years, was a firm believer in the value of massage as part of her overall wellness plan, which makes this program a most fitting tribute to her memory.

Clay Artists Create Bottles of Hope

For members of the Montreal Polymer Clay Guild, crafting *bottles of hope* is truly a labour of love. For the cancer patients who receive these beautiful, handcrafted bottles, each containing an inspirational message, it is a gift they cherish.



The Guild, consisting of polymer clay artists who work with this malleable modelling clay in various colors – was formed in 1997. Members, numbering 10 to 35 artists at any given time, meet monthly. About once a year the Cummings Centre for Seniors allows them to teach a Bottles of Hope workshop.

Ten years ago, after reading an article about a cancer patient in the United States who created and distributed these bottles to hospitalized patients, Lynda Gould, a member of the Guild, convinced her fellow polymer clay artists to set up a similar project in Montreal. Initially, the Guild worked with the Royal Victoria Hospital and then, five years ago, brought the project to Hope

& Cope, where volunteers from the Hospital Visiting, Main Office and Oncology Clinic teams hand out the bottles to patients.

How long does it take to make each *bottle of hope*? “People get very creative. It can take up to an hour. It depends on

how intricate the artist wants to be,” Lynda explains. Many of the bottles delivered to Hope & Cope are created by Louise Gagné, whose exceptional talent is matched by infinite patience.

Lynda stores the bottles in her home, making deliveries to Hope & Cope when supplies are running low. “As long as our members want to keep creating these bottles, we will gladly keep on donating them,” she says.

For more information on the Montreal Polymer Clay Guild, visit:
<http://clayguildmtl.canalblog.com/archives>

A Wise Move

Like it or not, we live in a society where appearance counts for a great deal, especially for women who are so often judged by how they look. It is, therefore, not surprising that so many women have difficulty coping with the appearance-related side effects of cancer treatment.

Last year, in association with a group of volunteer cosmeticians, Hope & Cope offered Look Good, Feel Better (LGFB) workshops to 115 patients who were transformed by the experience. The LGFB Program offers these free monthly workshops to help women master simple cosmetic techniques, with an emphasis on hygiene, nail and skin care, and to learn a variety of ways to camouflage hair loss. Participants leave the workshop with renewed self-esteem and a complementary kit filled with cosmetics and personal care products generously donated by companies belonging to the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA). A team of Hope & Cope volunteers is responsible for planning and scheduling the workshops, ordering LGFB promotional material, confirming attendance and assisting the LGFB experts during the sessions.

A highlight of 2014 was the move from a specially designed room at the Jewish

General Hospital to Lou’s House – Hope & Cope’s Wellness Centre. Thanks to the coordination of volunteers Joan Michetti, Ida Rouben and Evelyne Garceau, who rolled up their sleeves, loaded two carts and countless bags filled with supplies and even rolled an armchair down Côte Ste. Catherine Road, the move went smoothly.

“Our new location at the Wellness Centre is great for the patients and the cosmeticians are very happy as well,” says Evelyne. The sessions are held in the dining room, which is filled with natural light and the access to the adjacent kitchen means that snacks can be prepared easily and served on dishes instead of paper plates – a bonus for the environment. Workshop participants are encouraged to become members of the centre and to participate in its varied activities geared towards wellness in mind, body and spirit.

To register for a Look Good, Feel Better workshop, please contact Hinda Goodman, Hope & Cope Survivorship Program Coordinator, 514 340-8222, ext. 5531, hgoodman@jgh.mcgill.ca

Peer Mentors: the Core of Our Program

The Peer Mentor program at Hope & Cope has been one of the backbones of our volunteer services. Expertly coordinated by Hinda Goodman, Survivorship Program Coordinator, our one-to-one peer support service currently has 180 former cancer patients who volunteer to speak with newly diagnosed patients based on their type of cancer, treatment, age, gender and language. We currently provide mentorship in 26 languages! There are volunteer mentors available for young adults, caregivers and/or bereavement support.

“One big change for me is our enlarged new database,” says Hinda, who keeps the program running smoothly. “Also if I am ever away, one of my colleagues can at a glance see what is going on.”

Peer mentor team leader, Sylvie Grégoire, shared a letter she received from a patient motivated to volunteer after her experience using the program.

“I really appreciated the discussions I had with my peer mentor while I was getting treated. That helped me visualize what was coming and understand how life would be during the treatments. I really would like to help other young adults, recently diagnosed, explain how everything went for me. This might give them some idea of what to expect, and that they cannot control everything during their treatments.”

Volunteer training sessions during the past year were very informative and well attended. The presentation “Dealing with Difficult People”, by Mrs. Rosemary Steinberg, the JGH ombudsman, took place in April 2014 and “The Importance of Self-Care”, by Anna Feindel, Volunteer Coordinator Palliative Care, was given in October 2014. A special spring 2015 training event is being planned at the Wellness Centre to allow peer mentors who work from home to see for themselves all the activities and services currently being offered there.

If you or someone you know may have an interest in being paired with a volunteer mentor, contact Hinda Goodman, 514-340-8222 ext. 5531. Hinda is looking for volunteers who can relate to patients from diverse backgrounds in order to support our growing multicultural community.

— Mariam Bowen

Thank You to All Our Donors

From small change to major gifts,
you keep us going!

As we saw throughout 2014, the generosity of our donors is truly heartwarming, allowing us to continue offering great programming to cancer survivors at every age and every stage.

Every single donation, no matter the amount, is valued and appreciated by all those who continue to benefit from Hope & Cope.

*Giving Hope Campaign	\$150,000
Electric City / T.O.P.	\$100,000
Celebration and Memorial Funds	\$95,000
Dorval, Sources and St. Henri Auto Parts Walk-a-thon	\$72,000
Antony Proteau Winter Classic and Ball Hockey Tournament	\$58,000
Linda Saab Golf Tournament	\$30,000
Penny Campaign	\$25,000
Bridge Luncheon	\$16,000
Hope for Life	\$8,500
Voices of Hope Concerts	\$8,000
Vanier College Supercamp Car Wash	\$1,200
Ponytail Drive	\$1,000

*Please note that all figures have been rounded upwards.

Please join us at our
Soirée Fantastique
fundraiser on **June 22, 2015**
at Place des Arts,
featuring one of America's most
sought-after stand-up comics,
Dennis Miller.

Sponsorship opportunities and tickets:
514 340-8222, ext. 6868,
hopeandcopeevents@jgh.mcgill.ca

The Year in Pictures



Un grand merci à tous nos donateurs

Tous vos dons, modestes ou importants, nous permettent de poursuivre notre action!

Tout au long de l'année 2014, nous avons constaté à quel point la générosité de nos donateurs nous fait chaud au cœur, nous permettant de continuer à offrir d'excellents programmes aux survivants du cancer, quels que soient leur âge et le stade de leur maladie.

Chaque don, peu importe le montant, est hautement apprécié de toutes les personnes qui bénéficient de L'espoir, c'est la vie.

*Campagne Donner de l'espoir	150 000 \$
Soirée <i>Electric City</i> / T.O.P.	100 000 \$
Fonds – célébrations et commémorations	95 000 \$
Marchethon de Pièces d'auto Dorval, Sources et Saint-Henri	72 000 \$
Classique d'hiver Antony Proteau et Tournoi de hockey-balle	58 000 \$
Tournoi de golf Linda Saab	30 000 \$
Campagne du <i>Don du Cent</i>	25 000 \$
Tournoi de bridge et lunch	16 000 \$
Événement-bénéfice <i>Hope for Life</i>	8 500 \$
Concerts des Voies de l'espoir	8 000 \$
Lave-auto-bénéfice du Supercamp du cégep Vanier	1 200 \$
Collecte de fonds Queue de cheval	1 000 \$

*Veuillez noter que tous les chiffres ont été arrondis à la hausse.

Nous vous invitons à vous joindre à nous lors de notre événement-bénéfice, la **Soirée Fantastique**, qui se tiendra le **22 juin 2015**, à la Place des Arts. Cet événement mettra en vedette l'un des humoristes les plus populaires en Amérique du Nord, **Dennis Miller**.

Possibilités de commandites et billets :
514 340-8222, poste 6868,
hopeandcopeevents@jgh.mcgill.ca

