HOPE & COPE

Support for every age and every stage of cancer

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

2016: The Year in Review
Answering the call


Sharing the Warmth – page 8


Good Deeds Day – page 23


Award-winning women – page 9

Like many great organizations, Hope & Cope began as an idea in the mind of one person. That person happened to be Sheila Kussner, an extraordinary woman with enviable powers of persuasion, unwavering determination and unparalleled compassion. While Mrs. Kussner is admired and revered far and wide, she is the first to admit that she could not do it alone. In fact, at every opportunity, she willingly and gratefully thanks the hundreds upon hundreds of individuals who have sustained Hope & Cope simply by answering the call.

In 2017, we will be celebrating two milestones – the 10th anniversary of the JGH Hope & Cope Wellness Centre/ Lou's House and the 36th anniversary of Hope & Cope. As we look back at the achievements of the past year and put the finishing touches on the exciting plans for our **10:36** celebrations, we salute all those who answered the call.

In these pages, you will find numerous examples of people who answered the call and in many cases, who made the calls, as volunteers, as cancer survivors, as caregivers, as ordinary people moved to organize events, to raise funds, to do whatever it takes to help people live well in the face of cancer. You will meet volunteers who go the extra mile, providing special touches like home-made biscotti, high tea, musical interludes and hand-crafted blankets. You will read about Hope & Cope's efforts to re-engage our volunteers, who are the heart and soul of our organization. You will learn about passionate, dynamic individuals of all ages and ethnic backgrounds who raise funds knowing that because cancer strikes without discrimination, it is incumbent upon all of us to answer the call.

For over three decades, Hope & Cope has proven its worth as a treasured resource in the Montreal community. With that in mind, we encourage you to come out in large numbers to celebrate Hope & Cope's **10:36** anniversary year. You will find a preliminary calendar of events in the centre of this newsletter.

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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
- Orientation 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, DVDs, pamphlets

Patient Education
- iThrive
- Health education series/In-house lectures
- Annual Cancer Survivorship Celebration
- Information kits

Mind-body-spirit Programs
- Relaxation and imagery training
- Art expression, jewellery making
- 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

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

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



Renewal and continuity

At its core, Hope & Cope is all about renewal. Every time we assist a newly diagnosed cancer patient, every time we comfort an overwhelmed caregiver, every time we hand out a wig or a blanket, every time we design an exercise program for a survivor who has been weakened by aggressive treatments, we offer the promise of renewal. And while renewal is vitally important to an organization such as ours, so is continuity.

In April of 2016, Hope & Cope's Executive Advisory Board and Trustees examined the twin concepts of renewal and continuity as they met to develop a strategic plan that will take us through the next few years and into the next decade. We reaffirmed our commitment to a sustainable and impactful Hope & Cope that will continue to nourish its culture of volunteerism, to leverage its accumulated knowledge, experience and brand, and to serve the greatest number of clients in a personalized, caring and meaningful way.

Four different scenarios were analyzed carefully and we came to the unanimous conclusion that Hope & Cope needs to manage growth more tightly. This will entail consolidating some of our programs and services to reduce costs and to relieve the organization of the intense pressure of annual fundraising. At the same time, we are focused on building our endowment to ensure a steady source of funding for years to come.

Issues such as governance, succession planning, research and communications were addressed as well, with subcommittees established that will develop realistic strategies and timelines in keeping with our goals. In sum, thanks to the meticulous and diligent preparatory work of our Executive Director, Suzanne O'Brien, and the thoughtful participation of our Board members and trustees, we now have a comprehensive plan that simultaneously acknowledges Hope & Cope's immediate needs and financial pressures while taking into account a longer time frame.

Another highlight of the past year – in fact, a highlight of our three-year term – was Hope & Cope's Volunteer Social. It was an evening of pure joy and celebration, where we focused our attention, expressed our gratitude and lavished our praise on the men and women who make Hope & Cope truly special: our volunteers.

Ranging in age from 18 to 94, our volunteers perfectly embody the concepts of renewal and continuity as they bring the wisdom of their experiences and the depth of their compassion to their interactions with cancer survivors and their loved ones.

Throughout our term as Co-Chairs of this remarkable organization, we were continually awed, inspired and motivated by the indefatigable Sheila Kussner, Founder of Hope & Cope and guiding light to so many. Sheila, thank you for making this experience so rewarding. We also wish to thank our exceptionally generous donors who never failed to answer the call. Kudos as well to the talented and dedicated team of professionals who keep Hope & Cope running smoothly.

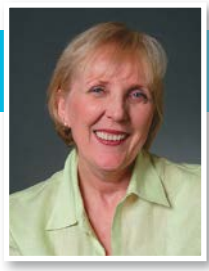
This year, as we celebrate **10:36** – the 10th Anniversary of Lou's House, our fabulous Wellness Centre, and the 36th Anniversary of Hope & Cope – we encourage you to help plan the events that will mark these important milestones. We need your ideas, we need your investment, we need your participation, we need your presence and most of all, we need your continued support.

With gratitude and best wishes,

Marlene King Joel King

Hope & Cope is on social media. Check us out!

https://www.facebook.com/hopecopemontreal
https://twitter.com/Hope_Cope
hopeandcope



Executive Director's report

As I write this message, the theme of continuity and renewal seems very appropriate and extremely relevant, not just because of the restructuring of programs and staff responsibilities as a result of our recent Strategic Planning exercise, but also because of my own transition from executive director to a new chapter in my life.

As many of you know, I am retiring this summer and as you read this annual review, the search for a new executive director will be well underway. I have been at Hope & Cope for some 20 years and it is both healthy and timely for the organization to have fresh leadership and new ideas to take us to the next level. I will be with Hope & Cope throughout the upcoming 10:36 campaign this summer to celebrate the 10th anniversary of the Wellness Centre and the 36th anniversary of Hope & Cope and to help the transition to new leadership, and I am excited by both. I am committed to the success of this campaign and to the sustainability of the Hope & Cope we all know and love.

Looking back on my 20 years, I cannot begin to count the number of mentors, colleagues and friends within the Hope & Cope and hospital community who deserve my eternal thanks and praise. I have learned so much from each and every one of you. I am inspired every day by your passionate commitment to Hope & Cope's fundamental mission – to help people cope with cancer. And I have witnessed, day after day, what a profound impact we make on the lives of the patients and families we serve, and how our staff and volunteers handle each and every person with compassion, kindness and grace, even when situations and some personalities are difficult. I have never worked with finer people. It has been a blessing and a pleasure to come to work each day and I will miss it.

However, as I move from my executive director role, the continuity and renewal theme is in evidence again because I will be moving into a governance role. I look forward to working with our Board of Directors, our Trustees, our donors, staff and volunteers and of course, with Sheila Kussner, my friend and mentor, to whom I owe so much. Hope & Cope is in my blood and I intend to be part of this organization as a volunteer for a long time to come.

Thank you all from the bottom of my heart.



Suzanne O'Brien

Hope & Cope engages McGill medical students

Hope & Cope is continually expanding its reach not only to patients and the health care community, but also to the next generation of physicians via McGill University's Community Health Alliance Program (CHAP) for second year medical students.

Initially Hope & Cope supervised two or three medical students per year but over time this number has increased. In 2016, 21 of the 31 candidates who had applied to Hope & Cope were accepted thus bringing the total number of CHAP students we have supervised since the program's inception to 62.

The main objective of the CHAP experience at Hope & Cope is for the students to have direct patient contact. They are required to attend four to eight activities for a minimum total of 21 hours; however, many give more of their time. They also are expected to conduct a one-on-one interview with a cancer survivor and to write a report about their CHAP experience.

The students work during support group evenings, special events or lectures, with responsibilities including front desk duty, welcoming participants, assisting with registration, distribution of handouts or serving food. Last year, many CHAP students were at the Annual General Meeting in September, where they helped with the set-up, greeted and served guests and learned more about the organization's achievements and future goals.

While often stationed at the Wellness Centre, students can be assigned to other Hope & Cope sites within the hospital. Examples include our hospital visiting and our CancerFightClub and En famille programs for young adults and young families.

Andrew Rabinovitch did a CHAP placement at Hope & Cope two years ago. His mother, the late Vivian Rabinovitch, was co-founder of Breast Friends, a metastatic breast cancer support group. His most memorable and meaningful activity was organizing and participating in a dinner celebrating the 10th Anniversary of Breast Friends. As Andrew completes medical school and moves on to a residency in internal medicine, he is keeping an open mind as to which specialty he will ultimately choose, oncology being one area he might consider.

Luca Melnychuk was a CHAP student in 2016. He attended several programs and events including Take Charge of your Life after Cancer, a day-long workshop, and an educational information evening co-hosted with Bladder Cancer Canada. In addition to providing assistance at various events, Luca had many opportunities to talk to attendees about their experience with cancer. He gained a better understanding of how patients deal with their cancer experience and the support they can receive from the community. Luca found this CHAP experience very rewarding as it added value to his medical training. "I was able to see medicine from another perspective, the patient's perspective, and I had a more personalized view of the effects of cancer," he commented.

— Gayle A. Shinder, Ph.D.



McGill CHAP students and Hope & Cope volunteer Michael Oleshuk set up refreshments at the Voices of Hope Choir concert in December.

The power of books:

Tribute to Jessica Miller, volunteer par excellence

"None of us is stronger than all of us." *— Jessica Miller*

As both a professional librarian and a caregiver for her daughter, who was diagnosed with cancer as a young adult, Jessica Miller understood that access to up-to-date information was critical to decision-making. Soon after joining Hope & Cope in 1981 as one of its original volunteers, Jessica set her sights on creating a lending library for patients and their caregivers. In the July 1983 edition of Hope & Cope's newsletter, she proudly reported that a small collection of 20 books had been established.

Thanks to Jessica's diligence, that collection would continue to grow by leaps and bounds. By 1989, the library had 280 books, 60 audio tapes and 15 videocassettes, and by 2004, the collection had expanded to 1500 books. Today, visitors have access to more than 2000 books and other materials that they can borrow for up to one month at a time.

As much as she enjoyed reading, choosing and cataloguing books, Jessica was excited equally to share news of the library's latest acquisitions. Beginning in November 1986, her thoughtful and insightful book reviews were a regular and popular feature of the Hope & Cope newsletter.

"I've never met anyone more passionate about books," recalled Arlene Greenberg, retired Chief Medical Librarian at the JGH, who collaborated often with Hope & Cope. "Jessica bought each title with the patient in mind and was so excited for them to read a book, knowing that they would get comfort from hearing others' stories and learning about their particular disease."

Donna Gibbons worked at the Jewish General Hospital's Health Sciences library from 2002 to mid-2016. She served as the liaison between the hospital library and Hope & Cope and worked with Jessica to continually modernize and improve the Hope & Cope library. Donna created a computer database of all books in the collection, and every two years she and Jessica weeded out any books that were no longer relevant. While computer databases are a convenient way of storing information, sometimes, older methods are just as reliable. Jessica came in at least once a month to back up all the book information in the card catalog.

The opening of the Segal Cancer Centre in 2006, with dedicated space for Hope & Cope's library, provided Donna and Jessica with the opportunity to upgrade the collection even further. Since the library already had many books focused on women's cancers, they decided to broaden Hope & Cope's collection to include other types of cancer. Over the subsequent years, Jessica would contact Donna with recommendations of new books to purchase, and together they not only expanded the catalog of books but also improved the organization of the books on the shelves by creating more specific categories.

Jessica's contributions to Hope & Cope over a period of three decades extended well past the library. She hosted fundraising meetings and volunteer socials in her home, joined our Administrative Committee, where her leadership skills were put to good use, and frequently served as an ambassador for our cause, representing Hope & Cope at various events and conferences. When Jessica found out about National Cancer Survivors Day, introduced in 1988 by the National Coalition for Cancer Survivorship in the United States, she eagerly brought the idea to Hope & Cope and, for 28 years, remained an enthusiastic member of the committee responsible for organizing this entertaining, informative and often heart-warming annual celebration.

From 1998-2000, Jessica's leadership skills served our organization well during her highly productive two-year term as President of Hope & Cope. "Jessica always had Hope & Cope's best interests at heart. She was dedicated, she was committed, she wanted us to do well and was so proud of our success," recalled Hope & Cope Founder, Sheila Kussner.

Jean Remmer, former Hope & Cope Program Coordinator who is currently a volunteer with our research program, had the honour of working closely with Jessica over a period of many years. "What a gift her presence was to so many who came into the Hope & Cope office to browse the library on Monday mornings when she was working



Jessica Miller (second from right) with a visiting delegation from Japan.



Main office volunteers receive an update about new acquisitions and procedures from JGH Health Sciences Librarian Donna Gibbons.



While best kno Past President aspects of Hop

in the clinic! She was passionate about the power of volunteerism. She influenced the organization in terms of its policies and development and provided a very strong presidency. She never hesitated to respond to frequent requests to counsel family members and patients. She was an amazing person."

On the occasion of Hope & Cope's 20th anniversary, Jessica Miller had this to say about the rewards of being a volunteer:

"None of us is stronger than all of us. After two decades of caring for people with cancer, I am often asked if I am burnt out or depressed. The opposite is the case. Despite the suffering and loss I have witnessed, I also witnessed great courage and determination. My work has been remarkably inspiring and gratifying. The most unanticipated by-product of my involvement in Hope & Cope has been working with such compassionate, committed and dedicated volunteers and staff. I am proud to have played a part in the growth of this organization."

Jessica Miller passed away on June 21, 2016.

— Hena Kon and Gayle A. Shinder, Ph.D.



wn for establishing and building up our library, Jessica Miller (right) was involved in many different e & Cope's services over the course of 35 years.

Support for education and volunteer engagement*

- Azrieli Foundation - $50,000
- Pharmaprix – Quartier Cavendish - $3,000

*Unless otherwise stated, the totals are net amounts raised in 2016

Strengthening volunteer engagement

Volunteers are at the heart of Hope & Cope, with their wisdom, training, and skills helping people cope with cancer. For its part, the organization has been a pioneer in validating the exceptional work and commitment of its volunteers.

To ensure that Hope & Cope's volunteer program continues to be as rewarding and effective as possible, the Volunteer Engagement Steering Committee was formed last fall with the aim of evaluating the volunteer experience and making recommendations for future development and improvement. This Committee grew out of the Strategic Plan of 2016 that examined issues of core importance to Hope & Cope, which included the role of volunteers. The committee is composed of eight volunteers and two staff members, including, Ida Teoli, President of Hope & Cope, and Suzanne O'Brien, Executive Director, who offered valuable insight into the goals of this volunteer engagement initiative.

Volunteer engagement is defined as a collaborative strategy wherein both the organization and the volunteers strive to cultivate their connection and intensify their commitment to one another. Suzanne and Ida underscored that this "two-way street" characteristic of volunteer engagement results in more meaningful opportunities for volunteers and better outcomes for the organization.

Given the substantial size of Hope & Cope's volunteer body, members of the Volunteer Engagement Steering Committee decided that a survey using questionnaires would be the best way to examine the engagement of its current volunteers. The resulting Volunteer Satisfaction Questionnaire asked participants about demographic information, their experience as volunteers (e.g., training, supervision, recognition), and their connection with Hope & Cope. Volunteers had the option of completing the survey on-line or in its paper version. The questions were reviewed carefully by Paula Calestagne, Coordinator of the JGH Quality Program. To assure confidentiality, the anonymously completed questionnaires were submitted directly to the Quality Program office. Once the data collected has been analyzed, two town hall meetings will be convened to offer all volunteers the opportunity to suggest actions that will address the findings of the survey.

Volunteer engagement is defined as a collaborative strategy wherein both the organization and the volunteers strive to cultivate their connection and intensify their commitment to one another.

The information harvested from the survey and the town halls will provide the Volunteer Engagement Steering Committee with substantive material for the formulation of a volunteer management strategic plan which will then be presented to the Executive Board for approval. As a final step, the plan will be presented to volunteers at the Annual General Meeting for adoption. Once implemented, this rigorously developed new volunteer management plan will be an effective way for Hope & Cope and its volunteers to deepen their connection and commitment to one another.

— Lucy Fazio

Cancer and spirituality:

Finding faith during illness, recovery and survivorship

Every year, Hope & Cope's Cancer Survivorship Day celebration brings together newly diagnosed patients with long-time cancer survivors for an evening that addresses thought-provoking topics while celebrating cancer survivorship. The formal program is followed by a dessert reception.

On June 15, 2016, a panel of experts led a spirited discussion – pun intended – about how spirituality can help us cope with illness.

Moderator Brahms E. Silver, an oncology social worker at the Jewish General Hospital, opened the evening by defining spirituality as "an aspect of our humanity that allows us to seek meaning and purpose and to express our interconnectedness."

"The small stuff does matter. It signifies a healthy life, a return to normalcy and the every day," noted Rabbi Lisa Grushcow, Senior Rabbi at Montreal's Temple Emanu-El-Beth Sholom. Rabbi Grushcow described how the power of ritual and the support of one's faith-based community can have a positive impact on every-day living during illness and on the healing process.

Father John Walsh, who celebrated 50 years in the priesthood and is well known for his commitment to interfaith dialogue, spoke about God's redemptive presence in our lives. This presence manifests itself in how we express our compassion, how we listen and how we are present for each other. "Faith challenges us to be vulnerable with the vulnerable and powerless with the powerless," he said.

With his guitar in hand, Joseph Emet, who teaches mindfulness practice at the Wellness Centre / Lou's House, used a combination of breathing techniques and music to demonstrate how meditation can help reduce anxiety, fear and apprehension.



Survivorship Day volunteers.



Photo: Howard Kay

Moderator Brahms E. Silver chats with panelists Rabbi Lisa Grushcow, Father John Walsh and Joseph Emet at the Annual Cancer Survivorship Day, June 15, 2016.

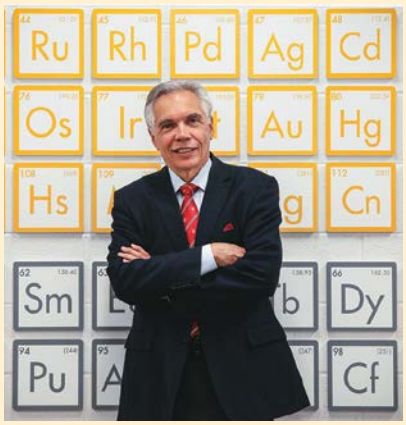
Brahms summarized the discussion and question period by noting that, "When we are conscious of the present moment, when we remember to nurture the mind and the spirit and to communicate not only with words but also with compassion, we have a road map to love and peace."

— Hena Kon



The presentation was followed by a dessert reception in the main lobby of the JGH.

SAVE THE DATE:



Annual Cancer Survivorship Day Honouring Jessica Miller, z'l

Monday, June 12, 2017, registration at 6:30 p.m., program at 7 p.m.

Speaker: **Dr. Joe Schwarcz**, Director, Office for Science and Society, McGill University

Separating fact from fiction: cancer cures and treatments

Jewish General Hospital · Block Amphitheatre · Room B-106 · 3755 Côte-Ste-Catherine Road
Free admission and free parking. Door prizes, dessert reception and special tribute to Past President and 35-year volunteer Jessica Miller.

Info and registration: 514-340-8255

Generously sponsored by The Azrieli Foundation and Pharmaprix – Quartier Cavendish

Celebrating volunteers

On a lovely August evening, 175 volunteers gathered for cocktails, camaraderie and celebration at one of the most anticipated events on our calendar – Hope & Cope's annual Volunteer Social. Several notables spoke to the assembled guests, including Dr. Gerald Batist, Director of the Segal Cancer Centre; Sal Guerrera, long-standing Board member; Susan Polisuk, Past President of Hope & Cope; Sheila Kussner, Founder; Marlene and Joel King, Co-Chairs. Suzanne O'Brien, Executive Director, took everyone on a trip down memory lane with a slide show that featured many milestones and magical moments in our 35-year history.

Speaking on behalf of his colleagues at the hospital's Segal Cancer Centre, Dr. Batist said, "Sheila's concept of recruiting cancer experienced volunteers to participate in a cancer centre was a brilliant insight and a powerful concept that has proven its value… You are not just an extra pair of hands but a set of ears, eyes and heart that touch patients in very profound and remarkable ways."

The highlight of this heartwarming evening was the recognition ceremony, where volunteers received certificates recognizing service anniversaries in five-year increments. Susan Polisuk, Phyllis Waxman and the late Jessica Miller were singled out for their remarkable 35-year commitment to Hope & Cope. Susan and Phyllis were invited on to the stage to receive their certificates. Jessica's children, Sheryl and Farrell, accepted on her behalf. Barbara Knobovitch and Miriam Klein, celebrating 30 years, were invited to the stage. Volunteers and staff celebrating 5, 10, 15, 20 and 25 years of service also received certificates.

Sheila proudly presented the Distinguished Service Award (DSA) to two outstanding women: Joan Ungar and Debbie Bridgman. (See story, page 9)

In her tribute to all Hope & Cope volunteers, Sheila noted that, "You are living examples of hope and through your words and your actions, you teach people how to live with uncertainty, how to cope with the unthinkable and how to thrive to the best of their ability."

Past President and Oncology Clinic volunteer Lucy Fazio's review of the evening said it best: "What really stood out for me is that we truly celebrated our volunteers. They were the focus in an evening of celebration that was rich with remembrances of the history of Hope & Cope."



35 years: Susan Polisuk and Phyllis Waxman.



30 years: Barbara Knobovitch and Miriam Klein.



25 years: Judy Kasner with Hinda Goodman.



15 years: Left to right: Linda Gould, Robyn Wilkenfeld, Rebecca Alter, Cathy Ammendolea, Modestina Greenfield.



10 years: Left to right: Thelma Malamud, Donna Copelovitch Stotland, Ernie Zelniker, Nancy Wiseman, Hena Kon, Esther Backman, Natalie MacDougall.



5 years: Back row, left to right: Evelyne Garceau, Anne Collette, Marize Ibrahim, Merrill Liverman, Anna Feindel, Alice Lehrer, Joanie Niederhoffer, Vijay Patel, Frank Pitman. Front row: Sophie Picquot, Nadia Smirnow, Catriona Moore, Maria Teoli.

Photos: Kate Fellerath

Sharing the warmth

The art of knitting has enjoyed a comeback of late, attracting women – and men – of all ages to this popular pastime. Last year, several groups of knitters pooled their resources and their talents, generously donating their beautiful, colourful creations to Hope & Cope.

Known as the face of Hope & Cope, **main office volunteers** are compassionate, talented "multi-taskers" who greet and direct patients and caregivers in person or on the phone, find appropriate wigs, scarves and head coverings for patients coping with hair loss, and perform a wide variety of administrative tasks. It was only natural that when volunteer Gisèle Rouben put out a call for knitters, several office volunteers eagerly signed on to participate in what has become known as the Main Office Blanket Fundraising Project.

"In November 2015, Hope & Cope ran out of the blankets that we give to each new patient receiving chemotherapy treatment. I thought to myself, 'Why don't I start knitting and see if I can convince other people to join me'," recalled Gisèle. Her recruitment efforts were successful and although this was the first time she had picked up her knitting needles in 20 years, since initiating this project, she has knitted eight blankets and seven scarves. Main office volunteers who have been recruited as knitters include Gisèle's sister-in-law, Ida Rouben, Sonia Hazan, Roz Baum, Simi Assouline, Angela Clarizio, Lucienne Namer, Tamara Lipcovitch and Joan Ungar. They, in turn, recruited some of their friends, including Edna Janco, who donated a large quantity of fleece and woolen blankets. Lisollete Ivry, Edna Anzarout and Régine Seback round out the team. Last March, Sonia Hazan also took it upon herself to contact yarn manufacturers, who generously donated wool for this project. During the course of the year, Hope & Cope received wool that was perfect for knitting scarves in addition to blankets, all of which are selling briskly, with proceeds going to Hope & Cope. As an added bonus, several oncology patients who find knitting to be therapeutic are participating in the project.



Sonia Hazan, Edna Janco and Angela Clarizio with Edna's blanket.

Based in Chateauguay, the **Montérégie West Community Network** (MWCN) meets monthly for a variety of activities including lectures, social events and knitting. Several times per year, on behalf of the MWCN, Susanna Langevin, delivers an armful of gorgeous blankets, afghans, socks and bed jackets that are then distributed to patients undergoing chemotherapy. As a two-time cancer survivor who benefited greatly from Hope & Cope's services, Mrs. Langevin is more than happy to give back. This sentiment is shared by Pauline Wiedow, President of the MWCN, and the other members of the group, which began with six people and has since expanded to 25 knitters. Maria is one of them. Despite the fact that she is blind, with the help of voice recognition software and other members who describe the colours of the fabric, Maria knits beautiful blankets by feeling the fabric.

Twenty-six-year-old Emily Lemieux attends the group with her mother, Lyn Friend. Emily, who has undertaken a variety of volunteer roles since she was a little girl, learned the art of crochet from her grandmother. "I crochet to give, not to sell. It's gratifying to know how much people appreciate a handcrafted blanket," she says.

When Hope & Cope volunteer and Board member Sylvie Grégoire was invited to address the *Hooks & Needles Program* about the need for blankets to keep first-time chemotherapy patients warm while they are undergoing treatment, she was enthusiastically received. Led by Doreen Loiseau, *Hooks & Needles* is a program of the **Teapot 50+ Centre** in Lachine. As its name implies, the program attracts women who gather every Monday at the Centre to indulge in their passion for knitting and crocheting. Several times a year, they drop off their donations at the Hope & Cope main office. Clearly, giving back is an important component of the



Lise Hillenbrand, office volunteer, Marcelle Kecman, Wellness Centre Manager, and Pauline Wiedow admire the handiwork of the MWCN Knitting Club.



Sisters-in-law Ida (left) and Gisèle Rouben share a passion for volunteering and knitting.

Teapot Centre, an organization that prides itself on creating an environment where members can thrive, explore their own interests, further develop their skills and abilities, and give back to the broader community.

Not to be outdone, a group of grade 4-6 students at **Genesis Elementary School** in Laval continue to knit for our patients.

Once a collection of blankets is delivered, main office volunteers wrap each one in cellophane and insert a note identifying which organization or individual donated the blanket, along with a one-page document that lists all of Hope & Cope's services. "It's a small gesture that creates a big impact on first-time patients," concludes Hope & Cope Office Coordinator Lora Tombari.

— Hena Kon

Award-winning women

Kudos to Deborah Bridgman, Joan Ungar and Marcelle Kecman, all of whom were honoured in 2016 with well-deserved awards.

In August, at our Volunteer Social, Debbie and Joan received Hope & Cope's Distinguished Service Award (DSA). Inaugurated in 2015, the DSA is presented to a volunteer who has shown remarkable dedication, commitment, initiative and leadership to Hope & Cope in multiple roles over a period of many years.



Photo: Kate Fellerath

Seated: Joan Ungar, Sheila Kussner and Deborah Bridgman with Suzanne O'Brien at Hope & Cope's Volunteer Social.

Joan's association with Hope & Cope goes back 32 years, when she began fundraising for us as part of the Chaverot (Friends) of Hope & Cope, serving as its President for many years. Her enthusiasm, diligence and down-to-earth manner have served her well in a wide variety of roles, including working with our transportation team, in the pulmonary and radiation oncology clinics and in our library. From 2006-2008, Joan served a two-year term as President of Hope & Cope with great distinction, overseeing the opening of Lou's House, our cancer Wellness Centre.

A five-time cancer survivor, Debbie Bridgman personifies the wisdom of the lived experience. A catalyst for the creation of our CancerFightClub program, Debbie has worked as a peer mentor, a support group facilitator and a palliative care volunteer. Along with Sheryl Miller and Lisa Singer, she was one of a core group of people responsible for Denim & Diamonds, a key member of the Young Adult Strategic Plan team in 2008, has played an important role in every single milestone associated with our young adult program and continues to represent Hope & Cope and our young adults at local, national and international conferences.



Marcelle Kecman displays her Caring Beyond Award.

"Caring beyond". These two words accurately describe Marcelle Kecman, Wellness Centre Manager, which is why the hospital's Humanization of Care Committee chose to present Marcelle with its Caring Beyond Award last September. This award recognizes staff who consistently go the extra mile and who exhibit extraordinary acts of kindness and compassion towards patients and their families.

With her radiant smile and her warm, welcoming manner, Marcelle Kecman ensures that patients, visitors and health care professionals alike feel at home at the Centre. No task is too big or too small, no challenge too difficult for the fluently bilingual native of New Brunswick who first joined the Hope & Cope staff as Office Coordinator in 2004 and was promoted to Wellness Centre Manager in 2008.

Therapeutic garden set to bloom this spring

After a bout with appendicitis landed him in the JGH Emergency Room, Christopher Wrobel was so impressed with the care he received at the hospital that he was determined to give back.



Christopher Wrobel takes a break in the garden after assessing the soil conditions.

As a plant agronomist with a keen interest in permaculture, Christopher couldn't help but notice the lack of greenery and plant life on hospital grounds. Convinced of the healing power of nature, he wanted to create a sustainable garden that would have therapeutic benefits for patients, staff and visitors alike.

Searching for the best way to proceed, Christopher called his friendly acquaintance, Dr. John Hoffer, a research scientist at the hopsital's Lady Davis Institute, who suggested that he get in touch with Hope & Cope. We, of course, were delighted to take Christopher up on his generous offer.

After presenting us with a detailed, illustrated plan for our Christine and Herschel Victor Garden, Christopher got to work. He began by analyzing the composition of the soil as well as the available sunlight and shade at various times of day – important factors that would guide both his choice of plants and flowers and their location within the garden.

As Christopher explained, key features of a sustainable garden include organizing the area so that objects such as statues and benches are clearly defined, and planting fragrant, colourful flowers and plants adapted to the soil conditions. "The idea is to create an ecosystem that will attract beneficial insects that pollinate the flowers, and birds such as hummingbirds and blue jays to the garden."



Shannon works up a sweat in the Wellness Centre garden.

The holiday weekend at the end of June was reserved for planting. Christopher was accompanied by a few volunteers, including his good friend Susan Smith, Director of the Career and Planning Service at McGill's Macdonald Campus, her lovely daughter, Shannon, and Peter Asselin, a Côte des Neiges resident and volunteer at the Multicaf Community Cafeteria. They spent several hours planting, among others, a small apple tree, black-eyed Susans, purple, red and pink echinacea, New York and New England asters and sunflowers that will grow to a height of 9 feet.

In all, Christopher and his friends planted 23 different flowers and plants, which he generously donated. This is just the first step as he plans to expand the garden this coming spring, just in time for the Wellness Centre's 10th Anniversary. This therapeutic garden promises to be a tremendous morale booster for cancer survivors.

— Hena Kon



Last May, the CBC Do Crew, joined by a small, enthusiastic team of amateur gardeners, spent a few hours weeding, planting and tending to the garden. They weeded around the tiger lilies, transplanted hydrangeas and planted a colourful assortment of daisies, black-eyed susans, pansies and impatiens.

"If you have a garden and a library, you have everything you need."
(Marcus Tullius Cicero)

Fortunately for Hope & Cope, we have both. And just as fortunately, in the 10 years since the Wellness Centre opened, several generous donors and artists have come forward to help beautify our garden.

First up in 2007 were Christine and the late Herschel Victor, whose magnanimous lead gift resulted in the naming of the Christine and Herschel Victor Garden.

The garden is also an art lover's paradise, with four magnificent sculptures donated by Beverley Horwitz, the late Marjorie Bronfman, the late Ed Winant, and renowned sculptor Susan Stromberg-Stein. In 2012, Stromberg-Stein created and donated a magnificent stainless steel sculpture entitled 'HOPE' – a gift for Sheila Kussner on the occasion of her retirement as Chairman of Hope & Cope.

The Zeller Family Foundation also helped to enhance both the safety and utilization of our garden by funding the purchase of a bicycle rack, benches and a dozen sturdy Adirondack chairs.

After a long Montreal winter, when we relish the opportunity to enjoy warmth, sunshine and fresh air in beautiful surroundings, the garden is a wonderful place to sip a cold drink, have lunch, or just relax. It's also the perfect spot for outdoor celebrations of all kinds, including our annual barbecues for young adults, young families and participants in our Men's Club.

Dorval, Sources and St-Henri Auto Parts Walk-a-thon raises over half-a-million dollars in 9 years!



Basking in the glow of yet another successful Walk-a-thon and a fabulous partnership with the Trichas and Dimopoulos families.

On November 24th, Alex Trichas, Nick, Chris and André Dimopolous and their right-hand man, Gus Anagnostaras, dropped by Hope & Cope's Wellness Centre to present a cheque for $68,000 – proceeds of the 9th annual Walk-a-thon held on September 11th. With additional donations that continued to pour in, the total amount rose to $72,000 – enough to put smiles on the faces of the organizers who have supported Hope & Cope's cancer exercise program for the past nine years. "We are very proud of the fact that we cover the expenses of the walk ourselves, allowing us to turn over 100% of the proceeds to Hope & Cope," said Alex.

As owners of Dorval, Sources and Saint-Henri Auto Parts – a highly successful family run business – they spend the better part of the summer months tapping into their vast network of contacts including their family, friends, customers and suppliers. Through their hard work and diligence, this annual event has become the charity of choice for many participants, who then are able to recommend Hope & Cope to people they know well who are suddenly faced with a cancer diagnosis.

Motivated by the rewards of giving back, the organizers were moved by the gratitude expressed to them personally by exercise participants who described just how valuable the exercise program is to their recovery and sense of well-being.

For their part, Hope & Cope Founder, Sheila Kussner, and Executive Director, Suzanne O'Brien, were effusive in their praise of Alex, Nick, Chris, Andre and Gus. "To five wonderful philanthropists and incredibly passionate supporters of our cause, we toast our continued collaboration and your continued success."

A special 10th anniversary edition of the walk is being planned for **September 10, 2017**. Stay tuned for details!

Support for wellness activities such as cancer exercise, creative arts, nutrition*

- Dorval, Sources and St-Henri Auto Parts Walk-a-thon - $72,000
- Abbott Nutrition - $10,000
- Voices of Hope Choir Concerts - $4,500
- Comedy Gives Back and Just for Laughs - $3,000
- Dollar Cinema, Decarie Square - $1,000
- Crossfit Waverley - $750
- Spinning classes at Centre Fitness Polydium - $400

*Unless otherwise stated, the totals are net amounts raised in 2016

Spinning their wheels for a good cause



Desmond Harwood (front row, second from right) leads a spinning class to raise funds for Hope & Cope's cancer exercise program.

Last February, when Desmond Harwood proposed that two of the spinning classes he teaches at the Centre Fitness Polydium be turned into fundraisers in memory of his uncle, Domenic Mancini, he was thrilled with the response. Participants paid $20 each to take the class, and a total of $400 was raised for Hope & Cope's cancer exercise program. "My uncle was a big fan of Hope & Cope, so it made sense for us to pay tribute to his memory with a donation that will allow people to benefit from the same services that he found so helpful when he was battling cancer," said Desmond. Our thanks to Desmond and all the participants for their support!



And the award goes to the Dollar Cinema

Amongst movie aficionados across the city, Bernie Gurberg, owner of Montreal's Dollar Cinema, is known for offering great prices, allowing everyone on a budget – especially young families – to enjoy the experience of going out to the movies. Among his friends and admirers at Hope & Cope, he also is known for his determination to make a difference in the lives of cancer survivors. A few times a year, Bernie stops by our offices to turn over the amounts raised in collection boxes strategically placed at the Dollar Cinema. In 2016, Bernie proudly turned over $1000 to Hope & Cope.

Laughing in the face of cancer



There were laughs galore at the Wellness Centre last July thanks to these gifted performers.

Once again, the incomparable Adam Hills emceed a fabulous free show at the Wellness Centre / Lou's House featuring the hottest names in comedy. Adam was joined by Alan Carr, Jessica Kirson, Mark Watson and breakout star Craig Coombes, a cancer patient who, like Adam, lives in Australia. "It was a day I'll cherish forever," said Craig. Our thanks to the performers for giving the gift of laughter, to the Just for Laughs Festival and Montreal native Jodi Lieberman for co-producing the show under the banner of her company, Comedy Gives Back. Donations were gratefully accepted, and Adam also raised funds for Hope & Cope during his week-long solo show, *Clown Heart*. A total of $3,000 was raised to support our wellness activities at Lou's House.

Crossfit members chow down for Hope & Cope



A huge thank-you to Cosimo Care and Mike Guzzo, co-owners of CrossFit Waverly, who invited gym members to participate in a fundraiser for Hope & Cope, in memory of Cosimo's mother. On October 19th, Cosimo and Mike cooked up 12 kilos of pasta, copious amounts of homemade sauce and meat sausages, all served with a glass of wine to 75 people who enjoyed the evening tremendously. A total of $750 was raised. "Everyone took such good care of my Mom when she had cancer – this was a good opportunity for us to give back," said Cosimo, whose sister, Bruna Care, is a Hope & Cope volunteer.

Linda Saab Golf Tournament committed to improving quality of life for cancer patients



Remarkable. That's the word that comes to mind when describing the Linda Saab Foundation's 26-year history of providing a better quality of life for cancer patients in the Montreal area. Every September, the power duo of Mel Peress and Charlie Bozian bring together avid golfers who celebrate Linda's legacy by raising funds for the Charles-Lemoyne Hospital and for Hope & Cope.

As Mel proudly noted, since the Foundation's inception, **over half-a-million dollars** has been directed to Hope & Cope. "This tournament is always a winner in every sense of the word," commented Executive Director, Suzanne O'Brien.

Although circumstances beyond the organizers' control led to the last-minute cancellation of the Linda Saab Golf Tournament last year, the impressive sum of $18,000 was turned over to Charles-Lemoyne and $18,000 to Hope & Cope's Compassionate Fund. For many patients who are in a financially precarious situation, cancer strikes a blow from which it is difficult to recover. Our Compassionate Fund helps pay for essentials such as tutoring for children at risk of failing because they are overwhelmed by their parents' diagnosis, taxi trips to and from the hospital for treatment, respite for caregivers, and much, much more.

We are grateful to Mel, Charlie, and the loyal golfers, sponsors and suppliers for their unwavering commitment to our cause.

More than just tea and sympathy



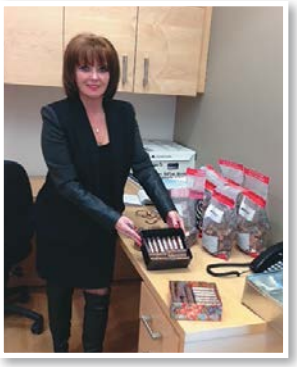
Myra Mazur, Michaela Meltzer and Esther Backler welcome Hope & Cope's Executive Director Suzanne O'Brien to their Make your Cup Count fundraiser.

For tea drinkers, there is nothing like a soothing cup of tea to start one's day off right. For Michaela Meltzer, Myra Mazur and Esther Backler, tea also was their ticket to raising funds for a cancer related cause. Last May, in conjunction with Brain Tumour Awareness Month, they hosted a Make your Cup Count fundraiser. Guests were invited to drop by over the course of the morning to enjoy a cup of tea and home-baked treats, and to make a donation to the Brain Tumour Foundation of Canada and/or Hope & Cope. This simple and enjoyable fundraiser netted $1,100 for Hope & Cope.

In praise of the penny



Although the penny was officially phased out by the federal government in February of 2013, pennies continue to be of great benefit to Hope & Cope's Compassionate Fund. In fact, the Make Your Pennies Count Campaign has topped the $61,000 mark. In addition to making her own donations, JGH Foundation receptionist, Lynne Dagenais, routinely counts and rolls the pennies in order to deposit them at the bank.



Lynne Dagenais has put a great deal of time and effort into the Make your Pennies Count Campaign.

The penny campaign is an initiative of the Jewish General Hospital Foundation, The Auxiliary, Hope & Cope and Carrément rose (an original project involving over 450 Grade 9 students from College Regina Assumpta). It also benefited from the generosity of Sybil Fleming, who covered all of its associated costs.

Hope & Cope's Compassionate Fund helps to meet patients' urgent financial needs when all other sources of funding have been exhausted. As Executive Director Suzanne O'Brien explains, "All too often, we see how devastating a cancer diagnosis can be when people can no longer work and their financial situation becomes precarious. We are very grateful to everyone who has contributed to the Make Your Pennies Count campaign, which continues to be a vital source of support for our Compassionate Fund."



Alouettes
WHITEOUT
to Wipe out Cancer
August 24th at 7:30 p.m.
Great game for a great cause!
Details to follow.

Support for Hope & Cope's Compassionate Fund*

- Make Your Pennies Count Campaign - $61,000 since 2013
- Linda Saab Foundation Golf Tournament - $18,000
- Bridge Luncheon - $17,000
- Tenaquip Foundation - $10,000
- Make Your Cup Count - $1,100

*Unless otherwise stated, the totals are net amounts raised in 2016

Bridging the gap



Photo: Howard Kay

Beverley Friedman and Hainya Wiseman with Marlene and Joel King at Hope & Cope's Annual General Meeting.

They have been called "hostesses with the mostest" and it's a description that suits Beverley Friedman and Hainya Wiseman, who preside over an annual Bridge Luncheon fundraiser for Hope & Cope. The tournament is so popular that every year, soon after the October date is announced, the event sells out.

Leaving nothing to chance, Beverley and Hainya oversee all the details, from planning the menu to supplying the china and silverware to baking the mouth-watering, magazine-cover-worthy desserts. Over and above the delicious food, participants are attracted to this event by their desire to support Hope & Cope and the opportunity to play some serious bridge, expertly managed by Tournament Director and Hope & Cope volunteer Norman Cohen.

Beverley and Hainya were singled out as champions of Hope & Cope and received a standing ovation at our Annual General Meeting, where it was announced that last year's Bridge Luncheon raised over $17,000 net for Hope & Cope's Compassionate Fund.

Antony Proteau Fund scores again



Photos: Celia Lavinskas

Antony Proteau had a competitive spirit, a smile that lit up a room and a love of sports – particularly hockey – that was rivalled only by his love of his extended family and the close-knit group of childhood friends who were such an important part of his life. When Antony died of cancer at the age of 23, his friends were determined to keep his memory alive by raising funds for a cancer-related cause. "We really wanted the money to have a direct impact on young adults, so Hope & Cope, with its fabulous CancerFightClub program, was the right choice," explained James Lavinskas. In June 2012, the Antony Proteau Fund (AP Fund) was established, and the first Antony Proteau Ball Hockey Tournament was launched.

The 2016 edition was the biggest yet, raising $29,000 net and featuring 22 men's, women's and children's teams, 275 participants and dozens of volunteers. Yet, despite its size, the tournament has always retained its family-friendly feeling. As volunteer Carla Orsini said, "We all grew up together. This tournament is like one big interconnected family."

Since 2012, through its ball hockey tournament and other events, the AP Fund has raised $116,000 net. These funds have helped sponsor weekend retreats for young adults (18-39) and their supporters; a retreat for young adults with metastatic and advanced cancer –the first of its kind in Canada; programs for children and young families; transportation to and from the hospital for cancer treatment; and a video called *The Power of Me, the Power of We* – a teaching tool designed to help healthcare professionals understand the needs and specific challenges of young adults with cancer.

AP Fund organizers hosted a special cocktail at Hope & Cope's Wellness Centre on October 31st to thank their volunteers and loyal donors. With a CancerFightClub Halloween pot-luck occurring at the same time, attendees appreciated the opportunity to speak to young adults with cancer and to see firsthand the impact of their involvement with the AP Fund.







For more great photos, check out the AP Fund Facebook page: https://www.facebook.com/AP12fund/

Weekend retreats focus on connection, community and coping strategies

For those in a battle against cancer, a sense of belonging and connecting can be the difference between feeling alone and isolated and actually living.

Hope & Cope's CancerFightClub program offers an inclusive, supportive, welcoming environment with age-appropriate, relevant and timely resources for young adults (18-39) living with cancer and their supporters. Last year's big spring retreat in Jouvence in the Eastern Townships and other smaller retreats offered during the year geared toward those with metastatic cancer are wonderful ways to take time off from the pressures of appointments, treatments, work and school. In addition to offering a variety of workshops and strategies for living with cancer, these retreats allow participants to rest, relax and rejuvenate in nature.

"When I discovered Cancer Fight Club, a whole new world opened up," explains Pam Fortier, young adult cancer survivor. "It felt so good to be involved with others whose realities were similar to my own. Making new friends, who I would have never known without this community, has added so much to my life. It's comforting to be in a place where you fit in and feel loved."

For those living with metastatic cancer, Hope & Cope's smaller retreats, which take place every two months, present wonderful opportunities for people to have conversations about more complex issues. The needs of the metastatic community are not always met in the bigger retreat because while most young adults are discussing moving on after treatments, those with metastatic cancer are living a different reality.

"It's not always easy having conversations about living with a chronic illness, one that can never be cured," explains Suzanne O'Brien, Executive Director for Hope & Cope. "Metastatic retreats are more focused, where people can have conversations in a safe space with others who really understand what it's like living under the cloud of a non-curable cancer."

Doctors are very supportive of these retreats as well. "We never have a hard time getting a doctor to sign off on a patient's medical release because they see the good it does for their patient to get away," says Suzanne.

The big and small retreats present learning opportunities for Hope & Cope to find new ways to help the young adult cancer community. Over the years, Hope & Cope has developed a great deal of expertise in talking to young families and helping children cope with a mom or dad who isn't doing well. This is where En famille, a support program designed for families with young children (under 18), comes into play. En famille provides counseling, information kits, and other resources such as workshops for children to help them understand what's happening when mom or dad is ill.



Basking in the sense of community at the CancerFightClub Young Adult Retreat.

As well, parents who are too tired to cook after a full day of treatment benefit from a special meal program called Kerry's Kitchen. "It's a way of letting patients know they are cared for and thought about while going through this very difficult time," says Kerry Kaufman, founder of Kerry's Kitchen. Healthy, home-cooked meals are made by volunteers and stored in a freezer at the hospital. "I was motivated by my own bout with early stage breast cancer. My friends rallied around me and scheduled meals for me and my family and dropped them off daily. It was amazing," says Kerry.

Hope & Cope never stops learning and developing new ways to help young adults living with cancer. "The more we learn, the more we can respond to their needs," says Suzanne. "It's what Hope & Cope does best!"

— Mireille Alvo



Meals made by Kerry Kaufman and thoughtful volunteers with the En famille meal program.

Support for CancerFightClub (young adults) and En famille (young families)*

- Un pas pour la vie (A Step for Life) - $38,750
- Antony Proteau Fund - $29,000
- Hope for Life - $860

*Unless otherwise stated, the totals are net amounts raised in 2016

Stepping up for young adult cancer

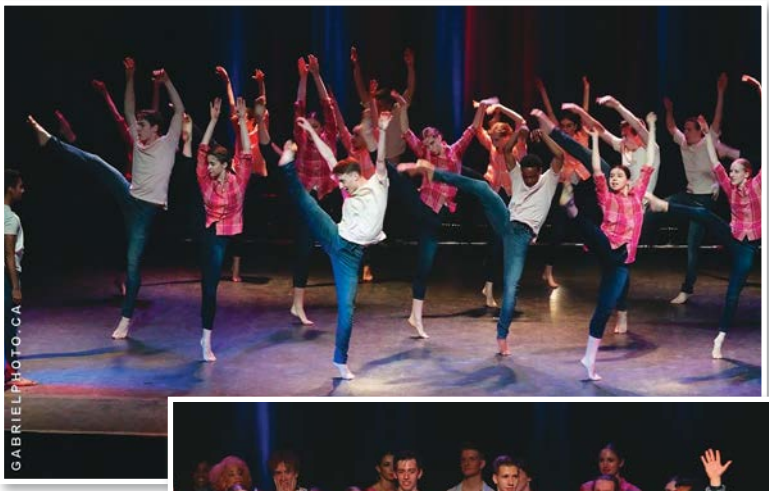


Un pas pour la vie (A Step for Life) first burst onto the fundraising scene in June 2015 with a spectacular dance show that raised funds for Hope & Cope's CancerFightClub program for young adults. So the pressure was on last year to give a repeat performance that would dazzle the audience once again.

Fortunately, thanks to the dynamic organizing team, that goal was met. Held on May 21st at Metropolis, the show exceeded all expectations, raising $39,000 net for Hope & Cope. The brainchild of François Sauro, the second edition of ***Un pas pour la vie*** brought together 120 of Quebec's best dancers showcasing brilliant choreography in various styles of dance, from ballet to hip-hop to swing to Latin and everything in between. Featured performers included Uriel Arreguin's 5inco, École supérieure de ballet and les Grands ballets canadiens. The legendary Anik Bissonnette served as Honourary President while the irrepressible Julie Dionne emceed the event.

The result was a magical, emotional evening that included video and live testimonials from people, like François himself, who were diagnosed with cancer as young adults. "François and his team put on a show that was brimming with energy and passion," said Executive Director Suzanne O'Brien. "If this is the future of young leadership, our future is in very good hands!"

Don't miss the 3rd edition of Un pas pour la vie on June 8th at the Rialto. Check out their Facebook page for more details: https://www.facebook.com/unpaspourlavie/





A winning recipe



Norma Perlman arranges her homemade biscotti, which she offers to patients in the Radio-oncology waiting room.

Every week without fail, 94-year old Norma Perlman begins her Tuesday afternoon shift as a volunteer in the Radio-oncology Department by carefully placing her home-baked biscotti on serving trays and passing them around to patients and families in the waiting room.

It's a tradition that began five years ago, when she decided to supplement the tea biscuits provided to patients with her own home-baked goods. After receiving rave reviews for her biscotti, she decided to stick with this winning recipe. On Monday evenings, Mrs. Perlman bakes a fresh batch of biscotti, removes the cookies from the oven, sprinkles them with sugar and cinnamon and then places them back in the still warm oven to crisp overnight. She also bakes several orange pound cakes to sell at Hope & Cope's Radio-Oncology Resource Information Day and Boutique Sale, held annually at the end of November.

A Hope & Cope volunteer since 1993, Mrs. Perlman rarely misses a shift, driving to the hospital regardless of the weather. Her connection to Hope & Cope and to the Jewish General Hospital runs deep. As she explains, "I've always been very actively involved. I was one of the first life members of the Auxiliary, I volunteered for its Meals on Wheels program, my children were born here, my family members were treated here. I started with Hope & Cope as a volunteer driver for the transportation team, which I did for 16 years, and then switched to the Radio-oncology Team. As long as I am well and can manage on my own, I'll keep volunteering."

HOPE&COPE – 2016 Statistics

Hope & Cope in general

13% increase in referrals to Hope & Cope, including the Wellness Centre

4,124 referrals in the past 3 years, at least **36%** continue to be in touch with some aspect of Hope & Cope's services

ActivOnco received **235** new referrals

Breast & Bone Health received **232** new referrals

Wellness Centre Lou's House

7% increase in new referrals

853 individuals attended activities and/or gym

Programs offered: creative therapy, lectures and workshops, energy work, mind & body, nutrition, physical activities, support groups

Hope & Cope profile

Total new referrals	**1,437**
Patients	**96%**
Female	**63%**
Age: 18-49	**21%**
50-65	**30%**
Language: English	**59%**
French	**24%**
Bilingual	**15%**
Newly diagnosed 3 months or less	**45%**
Peer Support # of new referrals (incl. bereavement)	**129**
Oncology in-patient visiting referrals	**331**
En famille new referrals	**152**

Support groups

# of groups	**18**
# of participants	**254**
Total attendance	**831**

Volunteer statistics

Service	**372**
Fundraising	**8**
Governance	**48**
Combined roles	**23**
TOTAL	**451**

Wellness Centre – Lou's House profile

New referrals	**282**
Participants attending centre's activities and/or gym	**853**
# of classes	**1,352**
Total activities attendance (excludes gym)	**8,177**
# of participants who attended the gym	**324**
Total gym attendance	**3,912**

Breast & Bone Health profile

New referrals	**232**
Newly diagnosed within current year	**29%**
# of nursing interventions	**740**
# of physio interventions	**1,079**

Other key highlights

Attendance at lectures / special events (11)	**1,186**
Practical resources supplied to patients (wigs, head coverings, bras, prostheses, blankets, etc.)	**1,796**

Behind the numbers

Whereas most non-profit organizations do not have systems for tracking participants, attendance, and participation, years ago, Hope & Cope realized the value of a rigorous database system that could be tapped into for many purposes, including research.

Behind the numbers organized and summarized for Hope & Cope is the meticulous work of Rita Galluccio, Hope & Cope data analyst as well as volunteer, with considerable assistance from Jean Remmer, former Hope & Cope Coordinator and current volunteer. Also helping with the work are Serena Black and Alexandra Schram.

The organization and summary of data, formally known as descriptive statistics, render raw numbers more meaningful. This tool facilitates the description of features of data that are of interest, such as frequencies and proportions. At Hope & Cope, numbers are also useful for indicating overall trends in activities: those activities that are performing well, those that require attention, those where some change would be beneficial. Descriptive statistics also quantify other useful information such as the number of people who use our services, which ones and at what point in their cancer trajectory. In turn, such statistics validate practice and support research.



Photo: JGH Audio Visual Services

Jean Remmer and Rita Galluccio work hard to organize and analyze Hope & Cope's databases, which are a treasure trove of information.

Prior to 2005, all numerical information was generated manually but subsequently, Rita, who has a professional background in bookkeeping, designed and developed six computerized databases. In addition, the Jewish General Hospital extended access to their APEX software which allows Hope & Cope to track the trajectory of all our patients within the hospital and the Wellness Centre. Rita noted that the JGH was particularly helpful when APEX was first introduced at Hope & Cope, with personnel from Information Technology working outside of their regular hours to transfer data from existing software to the new model and to assure a seamless transition from one program to another.

Jean divulged that these databases are unique to Hope & Cope and that they result in statistical recording that provides accountability and validation of the mission and goals of the organization. She views statistics as a rich terrain for program development. Thus, for example, a drop in numbers for participation can provide the opportunity to structure that program differently or to conclude that it is acceptable if only a small number of people are seeking out that particular type of support.

The descriptive statistics generated by Hope & Cope's databases impact volunteer recruitment as well. By examining the demographics of our volunteers (i.e. age, gender, ethnicity, languages spoken), our Survivorship Program Coordinator, Hinda Goodman, easily can determine areas where there is the greatest need for recruiting new volunteers. All volunteers are honoured annually at the Volunteer Social, an occasion when special attention is bestowed upon those who have offered long service. Again, the databases play an essential role because they contain the history that allows for identification of those volunteers who have been associated with Hope & Cope for milestone periods of time.

Statistics are also very valuable to Suzanne O'Brien, Executive Director of Hope & Cope. By merging across databases, Rita is able to provide Suzanne with a picture of Hope & Cope's activities over a given period of time, including the number of new cases at the different sites, the programs and services that were tapped into, whether the users were new to Hope & Cope or had a former affiliation. Knowledge of these numerical data results in a more efficient use of our practical and human resources.

In addition, the information in the databases has been used to support research endeavours at Hope & Cope. One research project carried out by the ActivOnco program benefitted from Rita's ability to tap into the databases and provide the researchers with demographics such as age, gender, diagnoses, and disease timeline for target patients. More recently, under the direction of Dr. Carmen Loiselle, Hope & Cope has undertaken a pilot research project entitled, "A volunteer-based assessment of patients' cancer-related needs: An implementation e-health study". Rita used the databases to identify those patients who fit the criteria for participation in the study as well as those who had expressed an interest in participating in future research studies. In this instance, statistics contributed to the creation of a more robust sample size for the study.

While they are pleased with the rich information collected in our databases, Rita and Jean have one "big ticket" item on their wish list – combining all the information currently fragmented across six different databases into one single database.

— Lucy Fazio

The Breast & Bone Health Program – promoting bone health in breast cancer

Some treatments for breast cancer can lead to a higher risk for low bone density, bone fragility, and fracture.

Funded by a generous 4-year grant from the Quebec Breast Cancer Foundation (www.rubanrose.org), Dr. Carmen Loiselle's Breast & Bone Health team has continued to promote bone health in women receiving treatments for breast cancer at the Segal Cancer Centre.

The Breast & Bone Health program is delivered by a Hope & Cope nurse (Garnet J. Lau) and an ActivOnco physiotherapist (Marize Ibrahim) who work together to raise awareness and help women to self-manage their bone health throughout treatment and beyond. Women are provided with tailored tools, such as a bone health risk factor self-test, bone-healthy exercise plans, and calcium-rich food guides.

The Breast & Bone Health Program was featured in the JGH News in the spring as well as a poster presentation in the fall at the 2016 Direction générale de cancérologie Congrès « Les pratiques exemplaires du Réseau de cancérologie du Québec ».



Photo: JGH Audio Visual Services

On September 23, 2016, a plaque was installed acknowledging the support of the Quebec Breast Cancer Foundation. Left to right: Physiotherapist Marize Ibrahim and nurse Garnet Lau meet with Nathalie Tremblay, President and Executive Director, Maxime Dumais, Vice President, Breast Cancer Investment Programs, and Line Dufresne, Coordinator, Community Investment Programs of the Quebec Breast Cancer Foundation.



New CancerFightClub website coming soon

For events and information please check our Facebook page:
https://ww.facebook.com/thecancerfightclubcommunity

For additional information contact:
cancerfightclubcommunity@gmail.com or 514-340-3616 ext. 215

Support for research

- Quebec Breast Cancer Foundation (Breast & Bone Health project) - $200,000 in 2016

Hope & Cope Research

Dr. Thierry Muanza and Mary-Ann Dalzell are co-leads on an exercise-based randomized controlled trial for young adult non-metastatic breast cancer patients recovering from radiotherapy. Hope & Cope's ActivOnco team members, Marize Ibrahim, Anouline Sintharaphone and Lisa Mastroianni are co-investigators on this study partially supported by a 2010 grant from the Weekend to End Breast Cancer. The study aimed to assess the effectiveness of a post-radiation 12-week exercise program in reducing certain side effects of radiation by decreasing the concentration of specific proteins in the body responsible for triggering an immune response. The data have now been analyzed and papers have been drafted and submitted to peer-reviewed journals. Three of these papers have been accepted for publication and are in the editing process.

— Gayle A. Shinder, PhD

Partial list of presentations

Loiselle, C. G. Optimizing cancer care: Patient preferences, the health care system, and innovation [Optimisation des soins en cancérologie: Préférences des patients, orientation au sein du système de santé, et innovation]. Centre hospitalier universitaire (CHU) de Grenoble, Grenoble, France. September 19, 2016. (Invited oral presentation).

Loiselle, C. G., Cancer information preferences and decision making among the elderly with cancer. [Processus de recherche d'information et de prise de décision liées au cancer chez despersonnes âgées]. 12 èmes journées nationales du SoFOG (Société francophone d'oncogériatrie). Montpellier, France. September 22, 2016. (Invited oral presentation).

Lau, G.J., O'Brien, S., Lapointe, J., & Loiselle, C.G., « Santé seins & os : promouvoir la santé des os chez les femmes traitées pour un cancer du sein », Direction générale de cancérologie Congrès Les pratiques exemplaires du Réseau de cancérologie du Québec (November 18, 2016), Montreal, Quebec.

Satellite office heightens visibility and effectiveness of Hospital Visiting team

When Hope & Cope staff member Hinda Goodman attends weekly hospital rounds, she creates a list of people who would benefit from a hospital visit. This list may include a patient with family who live far away or someone who just wants to chat and play cards. Her team of 20 volunteers visits patients seven days a week, morning, noon and evening on both the 8NW and 7K in-patient units.

The move of the inpatient oncology unit to the Jewish General Hospital's Pavilion K came with a highly visible Hope & Cope satellite office beside the elevators on 7K. "The location brings improved access to our services," says Hinda. "Dr. April Shamy was instrumental in ensuring that the design plans included an office for Hope & Cope."

"Volunteers bring the compassion and the wisdom that comes from personal experience. They are a very special part of the health care team, so it makes sense for Hope & Cope to have an office right here on the unit," explains Dr. Shamy.



Hospital Visiting Team volunteer Alain Baudart chooses colouring books for a patient on 7K, the inpatient oncology unit.

Team leader Charlene Freger agrees that the satellite office is an asset. "If we need to give someone a head scarf, we have it right there. We don't have to call the main office and wait for it. It's instant gratification for the patients who get what they need right away." The office houses other articles such as novels, adult coloring books, Sudoku as well as information on Hope & Cope services and a logbook for volunteers to communicate with each other and keep up to date on patient information.

Charlene is happy to put her social work expertise to good use but insists that professional training isn't necessary in order to be a volunteer on the team. "What matters is being spontaneous, having a caring ear and being able to really hear what a patient is saying. You have to be able to tolerate a hospital setting and be ready for anything," she says. "I try to see every patient on the ward. It's my own personal goal."

Thanks to the generosity of McKesson Canada, every new cancer patient on 7K receives a complimentary comfort kit filled with amenities such as a blanket, water bottle, socks and toothbrush. Included in each kit is an inspirational note written by McKesson employees and, in some cases, their children. "Patients are grateful for the bag. Special notes like 'You can do it' make a difference in the lives of the patients and loved ones," says Charlene, who helps pack and distribute the kits.

"I recognize that we're just volunteers, not doctors. But we provide a caring and safe haven for patients and families to share their concerns and offer comfort and support," Charlene concludes.

— Mariam Bowen



Words of encouragement from McKesson employees and their children.



Charlene Freger (left) and Sonia Hazan (right) were invited to meet and speak with McKesson employees as they assembled comfort kits to distribute to cancer patients.

Bereavement support a staple of Hope & Cope's services



Mourning Walk facilitators Miriam Sultan, Alice Lehrer and Sharyn Katsof share a moment at Mount-Royal Park.

Every Thursday morning at 10 a.m., rain or shine or snow, a volunteer with Hope & Cope's Bereavement Team meets a group of walkers outside the Smith House at Mount Royal Park. The walkers come for the fresh air and exercise, but most of all they come to support each other in their experience of grief and loss. "There's no pressure to talk or verbalize emotions," explains Alice Lehrer, founder of Hope & Cope's Mourning Walk, who shares the job of facilitating the walks with Sharyn Katsof and Miriam Sultan. "But the configuration of a walk gives a greater feeling of freedom to express oneself." The Mourning Walk usually ends with the group sharing a coffee together in the Smith House before getting on with their day. The program appeals equally to men and women. Anyone in the Montreal community who has lost someone to cancer is welcome to join.

Every second Monday evening at 6:30 p.m., the Wellness Centre welcomes anyone coping with the death of a loved one from cancer to drop by the Mourning Café. Conceived with the same easy informality as the walks, the group provides an opportunity for people to meet in the evening after work. "The lack of structure is why they're comfortable coming," says Alice. "There's no commitment. But there is continuity with the facilitators. We have a roster of volunteers who rotate every five weeks so there is always a familiar face." Other facilitators are Mitch Pesner, Celeste Alberga, Nicki Sevakian Liriakos, Gisèle Aways and Sandra Salesas Zini.

Sandy Lipkus, Radio-oncology and *En famille* coordinator, goes above and beyond to help family and friends who are coping with grief and loss to find support resources. "Our peer mentoring program will match them with someone they can talk to with a similar experience. If we can't accommodate them, we'll refer them somewhere that will be good for them," she says. And if they live too far away from the Jewish General Hospital, Sandy sends them a package of articles on coping with grief. She also keeps a stack of books in her office library for children and parents who are dealing with death. "There is a single father who still comes in to visit me two years later. He just wants to talk. I give him a meal for his family, part of our En famille program. He's so appreciative," says Sandy. As well, from time to time, the Young Adult group organizes a memorial where family and friends can gather together to pay tribute to a loved one with poems, prayers and music.

In 2016, Hope & Cope was invited to partner with the Canadian Virtual Hospice web site on its KidsGrieve 2 initiative. The web site hosts a monthly free public online forum with a question and answer format that connects families with professionals who offer their expertise and advice. We are investing $25,000 for the development of two French learning modules for adults supporting grieving children. Sandy is a consultant to this project. The modules will feature French-speaking families discussing their experiences.

— Mariam Bowen



Participants in the 5th Anniversary Mourning Walk, held last July, enjoy the view of the city.

For more information about Hope & Cope's bereavement services, please contact Hinda Goodman, Survivorship Program Coordinator at 514-340-8222 ext. 25531 or hgoodman@jgh.mcgill.ca

Palliative Care: making the most of each moment

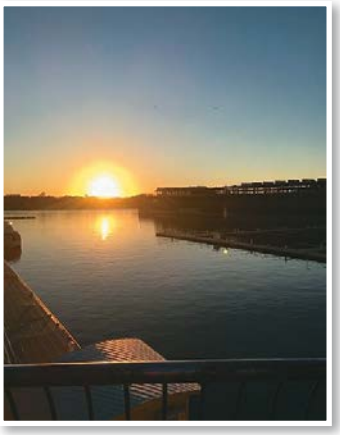
Making the most of each moment is the mantra of Hope & Cope's Palliative Care service. Holistic, compassionate nurturing is provided by a team of specially trained Hope & Cope volunteers who are attentive to religious and cultural beliefs while paying special attention to the patient's loved ones.

Throughout 2016, the team, under the supervision of Palliative Care Coordinator Anna Feindel, offered various extra activities including a high tea service, special musical events, pet therapy and a holiday gift-giving program. These initiatives focused on meeting the physical, spiritual and emotional needs of patients and their families when a cure is no longer viable.

Volunteers Lisa Boucher and Catia Lecchino served high tea once a week on fine silverware and a wood trolley donated to Hope & Cope by the Courey family in memory of their daughter, Chloe. Fresh homemade cookies were prepared and served by Catia. Lisa notes that, "Patients and their loved ones really appreciated the tea service and all the extras that volunteers provide. It lifts their spirits."



Antique wood trolley and tea service graciously donated by the Courey family in memory of their beloved Chloe.



Sunrise over the Island of Montreal, captured by exercise physiologist Lisa Mastroianni as she led an early morning walk for delegates at the International Palliative Care Congress.

Like many volunteers, Lisa's experience is personal, having been an integral part of the end-of-life process for family and friends. Lisa was initially motivated to volunteer in palliative care after having completed an internship at Maison Michel Sarrazin while studying at Laval University in Quebec City. After moving to Montreal in 2015, she was eager to give her time in a similar environment and is thrilled to volunteer for Hope & Cope. "Volunteering in palliative care nourishes the soul. I learn so much from patients and their families about what's really important. It helps me to stay grounded and balanced," says Lisa.

Also in 2016, Hope & Cope had a very visible presence at the 21st International Palliative Care Congress held in Montreal in October. Suzanne O'Brien, Executive Director, and Hinda Goodman, Survivorship Program Coordinator, were members of the Program Committee and Hope & Cope sponsored 10 volunteers to attend various sessions of the congress. For the second time, our exercise staff and volunteers led daily self-care activities for conference delegates. Outdoor walking, body weight exercises, stretch and balance, integral tai chi and yoga proved to be a great way to start the day and to showcase the physical activities offered to cancer survivors at Hope & Cope's Wellness Centre.

Hope & Cope sponsored a highly acclaimed dramatic reading of Sophocles' Philoctetes by the New York theatrical company, Outside the Wire and Suzanne O'Brien moderated a discussion with Dr. Balfour Mount on the lessons this ancient Greek play has for patients, caregivers, and medical professionals.

The highlight of the conference for Suzanne was the Opening Plenary where she interviewed Maestro Kent Nagano, conductor of the Montreal Symphony Orchestra, on *The Importance of Music in our Lives*. Maestro Nagano noted that music forms a soundtrack to our lives. It taps into the best part our humanity and creates strong emotions and triggers memories. Just as the audience is transported by his orchestra's music, he too feels the rapture of particular pieces and can well relate to music's soothing qualities not only for the patient but for their loved ones as well. We see that emotion every time we host musical teas for our patients!

— Grace Davis

Holiday spirit

Celebrating the December holiday season is a tradition at Hope & Cope. With the help of our creative volunteers, we were able to bring holiday cheer to patients at every age and every stage of cancer.

Hope & Cope's **Main Office volunteers** brought their own special brand of holiday cheer to patients and families on December 13th, loading a **hospitality cart** filled with home-baked treats, Kosher packaged cookies, juice boxes and candy canes. While they didn't log as many miles as Santa and his elves, they did cover an impressive amount of ground in the Segal Cancer Centre (waiting rooms on the 7th and 8th floors, Pulmonary Oncology and the Clinical Research Unit), the Radio-oncology Department and the Palliative Care Unit. Kudos to all the wonderful volunteers who contributed to this much appreciated holiday tradition, and special thanks to project coordinator, Lise Hillenbrand.





From mid-November until December 25th inclusive, under the auspices of our meaningful **Gift Giving Program in Palliative Care**, Hope & Cope volunteers showed patients a trolley filled with gifts for them to choose to give to their family members. Volunteers then wrapped up the gifts with the patient's name on the gift bag. When family members came to visit, patients had the wonderful opportunity to give a gift to those they love.



Young adults were treated to a **CancerFightClub Holiday Party** organized, hosted and sponsored by volunteer extraordinaire **Daisy Lappos**. Every year, Daisy and her small and enthusiastic team solicit donations from suppliers and proceed to cook and bake up a storm, offering a mouth-watering assortment of Greek food. Daisy, who also raises funds for Hope & Cope throughout the year within the Greek community, has a special place in her heart for young adults with cancer.







Our annual **Holiday Potluck and Sing-along** at the Wellness Centre / Lou's House was enjoyed by all. After sharing their favourite dishes and fortifying themselves with food and drink, participants sat in the yoga studio where jazz pianist **Robin Chemtov** led participants in a very merry and very bilingual sing-along featuring holiday classics.

Under the direction of music therapist Samantha Borgal, volunteers with the **Palliative Care Team** and members of the Voices of Hope Choir went carolling on the unit, singing holiday favourites for Christmas, Chanukah and the winter season. In addition to singing in the Family Room and the corridors, they visited patient rooms, taking song requests and offering home-baked treats. It was a highly emotional, meaningful afternoon, for volunteers, patients and families alike.





Every Monday afternoon, the **Voices of Hope Choir** gathers at the Wellness Centre for rehearsals in preparation for its semi-annual concerts, one held in June, the other in December. Composed of cancer survivors and volunteers, the choir's repertoire includes a variety of musical genres, from classical to Broadway to pop and everything in between.



6 months of construction



Not even six months of construction could keep participants and volunteers from coming to the Wellness Centre. Despite the noise, the dust and the inconvenience, all programs and activities went ahead as planned.

Good times and good vibes at Good Deeds Day



Photos: Howard Kay

Consular representatives, the team from the Israeli Consulate in Montreal, Hope & Cope volunteers and staff get into the spirit at Good Deeds Day.

Last April, families coping with cancer were treated to an international culinary and cultural journey as they gathered at the JGH Hope & Cope Wellness Centre / Lou's House for Good Deeds Day. Created in 2007 by an Israeli NGO (non-governmental organization), this is a world-wide event that encourages people to "do good" in their communities.

Close to 200 guests were welcomed by an enthusiastic team of volunteers led by Israeli Consul General in Montreal, Ziv Nevo Kulman, and his consular staff as well as Hope & Cope volunteers. Family-friendly activities such as music, face-painting and cooking demonstrations – and tastings – were held throughout the day.

In addition to the Israeli Consulate, six other members of Montreal's consular corps participated in this special event: Switzerland, The Netherlands, Chile, Italy, Mexico and the United States.

According to Jonathan Burnham, Director for Cultural Affairs at the Israeli Consulate, Lou's House was chosen as the site to "do good" because it is a place where so much good happens every day. Accompanied by his wife, fashion journalist and blogger Lolitta Dandoy, Mr. Burnham noted that when Lolitta had cancer several years ago, the support she received from Hope & Cope was an important part of her recovery and of their ability to cope together as a couple.





Celebrating **10 years** of cancer wellness and **36 years** of Hope & Cope

June through August

Wellness Wednesdays at Lou's House

Throughout the summer, we will feature activities highlighting the many paths to wellness.

Fitness Fridays at Lou's House

From Frisbee on the lawn of Lou's House to jumping jacks and hoola hoops, we'll show you how easy it is to keep fit and have fun at the same time!

Info: 514-340-3616 · www.hopeandcope.ca

May 12th, 9:30 a.m. - 3:30 p.m.

You are not alone: A day of learning and sharing about ovarian and other gynecological cancers

Women living with gynecological cancers and their caregivers are invited to attend this event which will be held at the JGH Hope & Cope Wellness Centre / Lou's House

Info and registration:
Wellness Centre reception desk 514-340-3616
Registration at 9:00 a.m.
Cost: $10.00

May 25th, 8:30 a.m. - 4:30 p.m.

« L'union fait la force : Le parténariat entre organismes communautaires en oncologie »

This conference (in French) will bring together cancer-related community organizations and members of the RPOGECO (Regroupement provincial des organismes et groupes d'entraide communautaire en oncologie)

Info and registration: Tracey-Ann Curtis
info@rpogeco.com, 514-506-3503 or
www.regroupement-onco.com
Cost: $30 per person

June 3rd - all day

6th Annual Antony Proteau Ball Hockey Tournament

(third party event)

Don't miss this action-packed fundraiser featuring dozens of men's, women's and kids' teams vying for first place, BBQ, great auction and raffle items, inflatables for the kids and more! Proceeds to CancerFightClub, Hope & Cope's program for young adults (18-39) and young families with cancer.

Info: https://www.facebook.com/AP12fund/

June 6th, 7 p.m.

Voices of Hope Choir with special guest Gino Quilico

The choir, composed mostly of cancer survivors, will take you on an emotionally gratifying journey. Proceeds will support our creative programming at the Wellness Centre

Westmount Baptist Church, 411 Roslyn Ave.

Info and tickets: 514-340-3616 or 514 340-8255

June 8th, 7 p.m.

Un pas pour la vie

(third party event)

This fabulous fundraiser features some of the most dynamic dancers in the city! Proceeds will support our En famille program for young families with cancer.

Rialto Theatre, 5723 Av du Parc,
Montréal, QC H2V 4G9

Info and tickets: http://www.unpaspourlavie.com

June 12th, 7 p.m. - 9 p.m.

Annual Cancer Survivorship Day Celebration

– free admission, all are welcome
(registration begins at 6:30 p.m.)

Separating Fact from Fiction: Cancer Cures and Treatment

Guest speaker: **Dr. Joe Schwarcz**
Director, Office of Science and Society, McGill University

You've heard him on the radio, you've read his columns in the newspaper, now come hear and see him live and in person! Dessert reception, raffle prizes and special tribute honouring our Past President and 35-year volunteer Jessica Miller, z'l.

Info and registration: 514-340-8255

June 27th

Volunteer Social

We love celebrating our volunteers and we have some special surprises in store for them during this anniversary year.

(By invitation only)

July 6th, 10 a.m. - 4 p.m.

Wellness Centre Open House

All are welcome!
Fun for the whole family!

Think all we do at the Wellness Centre is sit around talking about cancer? Think again! Lou's House is YOUR community resource – a place of learning, living, laughter, creativity and discovery. Join us for fitness, cooking demonstrations, art activities, a giant bake sale, and much more!

Info: 514-340-3616 · www.hopeandcope.ca

July 18th

Men's Club BBQ

Open to male cancer survivors, the Men's Club meets monthly. Their annual summer BBQ at the Wellness Centre is always a hit.

Info: 514-340-3616, ext. 22591
slipkus@jgh.mcgill.ca

August 3nd, 3 p.m. - 8 p.m.

CancerFightClub and En famille Family Fun Day and BBQ

This annual summer get-together in our lovely garden is reserved for young adults (18-39) with cancer and young families.

Info: Karen, 514-340-3616, ext. 215,
cancerfightclubcommunity@gmail.com
or Sandy, 514-340-8222, ext. 22591
slipkus@jgh.mcgill.ca

August 24th

Alouettes Whiteout to Wipe out Cancer

Great game for a great cause!

Details to follow.

September 10th, 9:30 a.m. - 3 p.m.

Dorval, Sources and St-Henri Auto Parts 10th Anniversary Walk-a-thon

(third party event)

This scenic, family-friendly 7 km walk through St. Maxime Park in Chomedey, Laval, features great food and a great atmosphere. Proceeds support our cancer exercise program.

Info: facebook.com/dorvalautoparts/