

Fall 2014

This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon.

## What's New?



### NEW Clinical Coordinator position with the Provincial Psychosocial Oncology Program

Heather Rennie (pictured left) was hired to fill this new position on July 14<sup>th</sup>. She will work closely with Gina Mackenzie and the BC Cancer

agency staff who provide support to patients and family members across the province. One of her responsibilities will be lead for Cancer Chat Canada (see page 2 for more information), a program that offers professionally-facilitated online support groups for cancer patients and their family members. This program is hosted by the BC Cancer Agency.

Heather is well suited for this position – in 1998 she worked as a Family Therapist at the Fraser Valley Centre. She left for community-based practice and rejoined the BC Cancer Agency in 2006 as the Community Education Coordinator. She subsequently accepted a Practice Leader position at the Fraser Valley Centre/ Abbotsford Cancer Center and then joined the Survivorship Program at its inception as a Coordinator. More recently she has been working as a counsellor at the Abbotsford Centre, much closer to home for her.

Heather has been instrumental in developing clinical practice guidelines, including the group practice ones. She has been very involved with CancerChatCanada as a facilitator, as a co-author of the facilitator training manual, as a peer consultant and trainer.

### BE ACTIVE 2015 - Survivorship Education Program for Chinese-Speaking Patients



Sandy Kwong (pictured right) of the BC Cancer Agency Provincial Psychosocial Oncology Program will be offering the popular **BE ACTIVE** program in **January, 2015**. This course consists of seven 2-hour educational weekly group sessions for patients who have completed or are still in treatment, and are interested in learning how to prepare for the transition from active treatment to survivorship.

Topics include:

- How to manage thoughts and mood
- How to monitor health after cancer
- How to manage post-treatment side effects
- How complementary treatment may help
- How to exercise to gain strength
- What to eat to regain strength

This course also includes a booster session to review the key messages.

Sessions will be offered in **Cantonese** or in English with Cantonese interpretation. Participants will receive a bilingual **Participant Guidebook** and a topic-related community resource list. The Participant Guidebook was developed with input from Gina MacKenzie, Provincial Director, Clinical Operations, Psychosocial Oncology & Practice Leader, Counselling & Psychiatry Services, Operations and Regional Practice Leader, Sarah Sample, BC Cancer Agency oncologists and nurses, nutritionists, librarians, Volunteer Services and former program educators.

**BE ACTIVE** will be offered at the Vancouver Centre, and is open to all cancer patients who reside in British Columbia. For more information or to register, please contact 604-877-6000 local 672375.

## News from the Fraser Valley

### CancerChatCanada has moved!

Since 2007, Cancer Chat Canada has been providing free professionally-led online support groups for Canadians affected by cancer, including patients, survivors and family members. The Cancer Chat Canada (CCC) team, previously housed in the Fraser Valley Cancer Center, North Office has now moved to the **Abbotsford Cancer Centre**- Patient and Family Counselling area.



CCC is under new leadership. Joanne Stephen, a Clinician Researcher with the BC Cancer Agency and one of the co-creators of Cancer Chat Canada, left the agency in June, 2014. Heather Rennie (seated in the photo) has been hired as a Clinical Coordinator with

the Provincial Psychosocial Oncology Program. This is a newly created position within the program, and includes the program lead role for CCC. Adina Rojubally, the Research Project Manager, is on maternity leave. Parvind Grewal (in photo on the left) has been hired in her absence. Shandel Riedlinger (in photo standing on the right) has been hired as the Enrollment Coordinator.

Please direct any inquiries about upcoming groups to:

#### **CancerChatCanada**

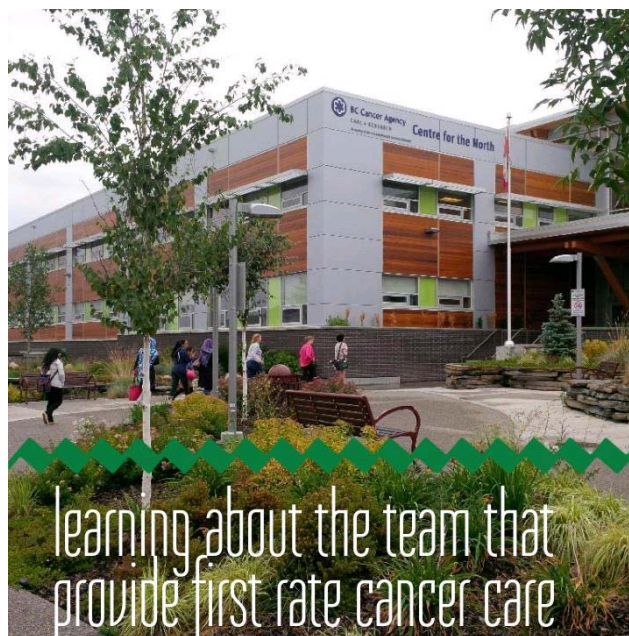
(Toll free) 1-877-547-3777 ext 645234

<http://www.cancerchatcanada.ca/>

## News from the North

### Backstage PG (Prince George)

On July 24<sup>th</sup>, the Patient and Family Counseling (PFC) team of the Centre for the North had the opportunity to showcase their work to young girls and women from the community. Backstage PG, a group whose motto is: **“Setting the Stage for Girls and Young Women to Succeed”**, welcomed 10 participants, ages 12 to 24, to the Centre for the North to celebrate Health Care Day.



During the afternoon, the backstage, or ‘behind the scenes healthcare professionals’ talked about what they do to the group. Professionals included: a Radiation Therapist, a Physicist, a Speech and Language Pathologist, a Research Facilitator, an Oncology Dietitian, a Radiation Therapy Service Technologist, and the Aboriginal Cancer Care Coordinator (ACCC) and Patient and Family Counsellor. Each professional gave a 10 minute presentation and welcomed questions from the group.

The Aboriginal Cancer Care Coordinator (ACCC), Dana Marshall and the Patient and Family Counsellor, Lisa Trudel collaborated to offer a stimulating and interactive presentation.

## News from the Central Interior

Kathy Green, formerly a casual counsellor, has accepted the temporary part-time Patient and Family Counselor position in Kelowna. Chantelle Ludwig has joined the team as a Casual Counsellor. Chantelle has just completed her MSW requirements. She has work experience in child protection, supervised access and related work.

## News from Abbotsford

Ashley Rinas from the Canadian Cancer Society (CCS) has been in communication with staff from TReO, an electronic tolling system that manages tolls on the newly renovated Port Mann Bridge.

They have indicated that cancer patients in active treatment may be exempt from bridge tolls. Below is the application link. Patients should expect to wait about one week for processing time:

<https://www.treo.ca/media/51174/treo-persons-with-disabilities-form.pdf>

## CONTEST - Create your own art & submit it to Lilly Oncology on Canvas by September 30th



The Lilly Oncology “On Canvas Canada” art competition is open to residents of Canada who have reached the age of majority in their province or territory of residence as of September 30, 2014. Entrants must select the category that best describes their cancer journey - person diagnosed with cancer; family member, friend or caregiver; and healthcare professional – and the type of original artwork they are submitting: painting (acrylic, watercolor, oil, pastel), photography, or mixed media (a combination of two or more media). Artwork must be accompanied by a descriptive narrative of 125 words or less.

Winners in 15 categories will be chosen by an independent panel of judges selected by the Canadian Association of Psychosocial Oncology (CAPO) and the Canadian Cancer Survivorship Network (CCSN).

Prizes consist of donations to cancer-related charities selected by the winners, ranging from \$250 to \$2000.

For further information about Lilly “Oncology On Canvas Canada” visit [www.lillyocc.com](http://www.lillyocc.com). Those interested may also call: 416-515-7517 ext. 350 or email: [lillyocc@thornleyfallis.com](mailto:lillyocc@thornleyfallis.com).

## Educational Opportunities:

### Psychosocial Rounds

*Held monthly on the 3<sup>RD</sup> Thursday*

*Psychosocial Rounds presentation materials are posted at <http://www.bccancer.bc.ca/HPI/psychosocial/Professional+Education.htm>*

SEPTEMBER 18, noon-1pm

### Update on the Sexual Health Centre in Kelowna

*Presenter: Myrna Tracy, MSW, Professional Practice Leader for Patient and Family Counselling, Sindi Ahluwalia Hawkins Centre for the Southern Interior Center, BC Cancer Agency*

OCTOBER 16, noon-1pm

### Medical Employment Insurance (EI) Benefits

*Presenter: Brenda Giebrecht, Citizen Services Specialist Employment Social Development, Service Canada*

*Facilitator: Shelly Pennington, Provincial Cancer Care Resource Social Worker, Psychosocial Oncology Program, BC Cancer Agency*

This presentation will offer an overview of EI benefits with time for questions.

Because there is such a limited amount of time questions must be sent ahead of time so the representative can come prepared. Please send questions about EI benefits directly to the attention of Shelley Pennington, Cancer Care Resource Social Worker  
[spennington@bccancer.bc.ca](mailto:spennington@bccancer.bc.ca)

**NOVEMBER 21, noon-1pm**

## Using Principles from Trauma Therapy to Enhance Cancer Survivorship

*Presenter: Marita Poll, Counsellor at the Vancouver Island Centre*

We continue to learn how the body responds to life threat and danger. This same response can be triggered by a cancer diagnosis and treatment. Principles from trauma therapy can help to normalize cancer patients' experiences and provide information and strategies to enhance coping.

## Provincial Survivorship Forum

**September 22, 2014**

The Provincial Survivorship Forum will be held on Monday, September 22, 2014 at the BC Cancer Agency Vancouver Centre, with video links to sites across BC. This will be an all day event and it is open to health care professionals, researchers, survivors and families. Topics include: exercise and cancer, survivorship care plans, fertility preservation in pediatric and adolescent oncology patients, and geriatric assessment in the older cancer patient.

Registration is free: [Click here to register](#)  
For more information, please contact the Provincial Survivorship Program at:  
[survivorship@bccancer.bc.ca](mailto:survivorship@bccancer.bc.ca)

## IPODE Continuing Education Courses

Register for courses online at [www.ipode.ca](http://www.ipode.ca).  
For more information contact Natasha Boutilier:  
[Natasha.Boutilier@cdha.nshealth.ca](mailto:Natasha.Boutilier@cdha.nshealth.ca)  
or 902-473-6618.

## Information & Resources:

### LGBT & Cancer



Recommended websites page - sites evaluated by the BCCA Librarians:  
<http://www.bccancer.bc.ca/PPI/RecommendedLinks/coping/GLBT.htm>

### Canadian Cancer Society - Get Screened websites:

- [http://convio.cancer.ca/site/PageServer?pagename=SSL\\_ON\\_G\\_Home](http://convio.cancer.ca/site/PageServer?pagename=SSL_ON_G_Home) (Gays and bisexual men)
- [http://convio.cancer.ca/site/PageServer?pagename=SSL\\_ON\\_L\\_Home](http://convio.cancer.ca/site/PageServer?pagename=SSL_ON_L_Home) (Lesbian, bisexual and queer women)
- [http://convio.cancer.ca/site/PageServer?pagename=SSL\\_ON\\_TW\\_Home](http://convio.cancer.ca/site/PageServer?pagename=SSL_ON_TW_Home) (Trans people)
- [http://convio.cancer.ca/site/PageServer?pagename=SSL\\_ON\\_HCP\\_HCPGen\\_Home](http://convio.cancer.ca/site/PageServer?pagename=SSL_ON_HCP_HCPGen_Home) (for Health providers)
- National LGBT Cancer Network  
<http://www.cancer-network.org/>
- Cancer's Margins project  
<http://www.lgbtcancer.ca/>

### Library Resources - Books and Videos

**What every gay man needs to know about prostate cancer : the essential guide to diagnosis, treatment, and recovery.** / Perlman, Gerald. -- New York, NY : Magnus Books, (2013) (Patient or Public; Book in English)  
Call Number: WJ752 W555 2013.

Location: VC Library CSI Cancer Info Ctr FVC Cancer Info Ctr VIC Cancer Info Ctr ARHCC Cancer Info Ctr CN Cancer Info Ctr

**Surviving cancer as a family and helping co-survivors thrive.** / Marshall, Catherine A. -- Santa Barbara, CA : Praeger, (2010) (Patient or Public; Book in English)  
Call Number: QZ200 S963 2010.

Location: VC Library VC PFCS CSI Cancer Info Ctr FVC Cancer Info Ctr VIC Cancer Info Ctr ARHCC Cancer Info Ctr

**Dance with cancer: 5 gay men confront prostate cancer.** / Akenhead, Gary; Canadian Cancer Society. --

Barrie, ON : Mahon Productions, (2009) (Patient or Public; DVD Video)  
Call Number: WJ752 D173 2009.  
Location: VC Library AV Room

**Advocate guide to gay men's health and wellness./**  
Spinelli, Frank; -- New York : Alyson Books, (2008)  
(Patient or Public; Book)  
Call Number: WA306 S65 2008.  
Location: ARHCC Cancer Info Ctr

**Coming out again : lesbians speaking out about cancer./** Ramsay, Rowan; Canadian Cancer Society. -- Kingston, ON : Ramsay Media, (2006) (Patient or Public; DVD Video with booklet)  
Call Number: QZ201 C733r 2006.  
Location: VC Library AV Room

**Coming out of cancer : writings from the lesbian cancer epidemic./** Brownworth, Victoria A. -- Seattle, Wa. : Seal Press, (2000) (Patient or Public - Recommended; Book in English)  
Call Number: QZ201 C733 2000.  
Location: VC Library

**Caring for lesbian health : a resource for health care providers, policy makers and planners./** Hudspith, Maria; British Columbia. Minister's Advisory Council on Women's Health. -- Victoria, B.C. : British Columbia. Ministry of Health and Ministry Responsible for Seniors, (1999) (Patient or Public; Book-Online in English)  
Call Number: WA309 H886 1999.  
Location: VIC Library, Internet  
<http://www.healthservices.gov.bc.ca/whb/publications/caring.pdf>

---

**Read for the Cure** is an author event with all ticket sale proceeds to the charities (Canadian Research Society and BC Cancer Foundation).

**When?** October 1, 2014 7:30 p.m. (doors 6:30)  
**Where?** Downtown Marriott Pinnacle  
**Who?** Bestselling authors Steven Galloway, Annabel Lyon and Gabrielle Zevin - hosted by Tamara Taggart  
**Cost?** \$90 per person - includes appetizers and a copy of each of the authors' latest books  
**How?** Buy your tickets [online](#) or call TicketWeb at **1-888-222-6608**  
Visit the web site at <http://www.readforthecure.ca> for additional details.

## There are 3 online support groups starting this fall.



- **Group 1** is for **all** cancer patients and survivors (currently in, or post treatment with any diagnosis or stage) – starting **Wednesday, September 17<sup>th</sup>**
- **Group 2** is for patients and survivors with **breast cancer** – starting **Thursday, September 18<sup>th</sup>**
- **Group 3** is for **caregivers** (caring for loved one currently in, or post treatment with any diagnosis or stage) – starting **Thursday, September 25<sup>th</sup>**

If you know any patients or family members who would benefit from professionally facilitated online support and coping skills groups, please encourage them to: (1) register on our website ([www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)), (2) email us at [cancerchatcanada@bccancer.bc.ca](mailto:cancerchatcanada@bccancer.bc.ca), OR (3) call us at 1-877-547-3777 ext. 645234.

---

## The Leukemia & Lymphoma Society of Canada launches National Education Campaign during Blood Cancer Awareness Month

Did you know that an estimated 110,000 people in Canada are living with, or are in remission from, leukemia, lymphoma or myeloma? [The Leukemia & Lymphoma Society of Canada](#) (LLSC) will launch a national education campaign to close the knowledge gap about blood cancers through:

- their website [www.llscanada.org/bc](http://www.llscanada.org/bc) and
- social media accounts ([Facebook](#) and [Twitter](#)) with #BCAM2014 and #endbloodcancer.



[www.llscanada.org](http://www.llscanada.org) #EndBloodCancer  **someday is today**

## Cancer Treatment: How to Make Choices about Standard Care and Clinical Trials

**Guest Speaker:** Jill Clark, Registered Nurse  
Clinical Trials Unit of The Leukemia/Bone Marrow Transplant Program of BC

**Date:** Saturday, September 20, 2014  
**Time:** 10:00 am – 12:00 pm (Doors open at 9:45 am)  
**Location:** Langara College, 100 West 49th Avenue, Vancouver, BC (Close to transit, including Canada Line Station or the weekend parking flat rate of \$3.50. )

**Program:** This educational event will share information on how to make informed choices about standard care and clinical trials. In this program you will learn how to gather information to help make informed treatment decisions, and to learn about the benefits and risks of standard treatments as well as clinical trial treatments. You will learn how new blood cancer treatments are developed and approved, and sort out the myths from the facts about clinical trials. You will also have the opportunity to meet and talk with people who have participated in clinical trials. Following the educational program and question and answer period, there will be an opportunity to meet with people with similar diagnoses and have small group discussions. Coffee and tea will be available.

**Pre-registration for this free program is required by September 18, 2014.** Open to adults with any type of cancer diagnosis, their family members and supporters. Please register online or contact Sharon Pause at 604.733.2873 or at [sharon.pause@lls.org](mailto:sharon.pause@lls.org).  
[www.llscanada.org/bc](http://www.llscanada.org/bc)

This newsletter is published in September, December, March and June.  
If you would like to contribute to this newsletter contact  
- Elaine Shearer, Community Education Coordinator at [eshearer@bccancer.bc.ca](mailto:eshearer@bccancer.bc.ca)