



SUMMER 2019

# Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council Newsletter

## Patient and Family Advisory Council (PFAC) for Cancer Centre

What is PFAC? We were once in your shoes – in a manner of speaking. PFAC members were once either patients at RVH or family members of patients at RVH. This experience has given us insight into the patient and family experience and as a result, we know how to help make your journey in health care centre easier to navigate. We are invited to share this insight as partners with RVH staff and physicians to provide direct input into policies, programs and practices which affect patient and family experiences for the better. Are you interested in becoming an RVH Patient Family Advisor? RVH is accepting applications from interested candidates. You can pick up an application in the Oncology waiting area, go on-line to the RVH website ([www.rvh.on.ca](http://www.rvh.on.ca)) under the “Careers and Volunteering” tab, email [patientfamilyadvisory@rvh.on.ca](mailto:patientfamilyadvisory@rvh.on.ca) or call (705) 728-9090 ext. 42319

## The PFAC Cancer Centre (Resource) Cart

Have you met a PFAC volunteer in the chemo-suite or radiation suite yet? (You may already know us by our Werther's candies and digestive cookies.) Our chemo-suite cart tours are Tuesdays from 10:00 till noon(ish). Besides the candies, one of our best cart features are the care and treatment resources which have been hand-selected by PFAC members, based on what we found most helpful during our own cancer journey including:

- RVH Meals to Go Program
- Recipes for Healthy Meals,
- Gilda's Club Calendar and support groups including a new one: Sunflower Warriors!
- Parking Rates (and reduced rate deals)



If you don't catch us on a Tuesday, many of these resources are available in the oncology waiting area.



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## Sunflower Warriors – We Understand Because We’ve Been There



The Sunflower Warriors is a unique non-profit organization with a vision to empower women with breast cancer through their diagnosis, treatments and post treatment challenges and victories. Sunflower Warriors aims to provide a comprehensive system of support by hosting, celebrations, facilitating mentorship programs and group discussion forums for breast cancer warriors to connect with one another. In addition,

Sunflower Warriors offers workshops and seminars led by experts in the field of breast cancer that cover topics ranging from the diagnosis to post treatment lifestyle and challenges. Connect with us! Facebook: @sunflowerwarriors, [www.sunflowerwarriors.ca](http://www.sunflowerwarriors.ca), [sunflowerwarriors@gmail.com](mailto:sunflowerwarriors@gmail.com).

### Are you a candidate for telemedicine?

Telemedicine uses a video-conferencing system called the Ontario Telemedicine Network (OTN) to connect people who are in two different places. For our cancer patients, this means providing cancer care as close to home for every person. Telemedicine is simply having your doctor's visit using video instead of in-person. You remain at a location in your city or town, usually at your local hospital, and your



RVH physician, or professional on your care team, will chat with you from here.

Ask your team if you are a candidate!

### Need a Laugh?

What do you call a chicken staring at a head of lettuce?

(A chicken sees-her-salad Get it?)

### Stay sun safe!

Put on your sunscreen (minimum SPF 30)



Find shade or cover up

**Have a fantastic summer!**