



WINTER 2020

Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council Newsletter

Our Commitment

It has been our honour to serve the patients and families of the oncology program at the Simcoe Muskoka Regional Cancer Program (SMRCP) to help make your journey through cancer a little easier.

- We have reached out to you by the way of our cart, bulletin board, our comment box, and our newsletters.
- We have listened carefully to ensure that your voices are represented in decisions that shape the cancer care you receive.

We are looking forward to continuing our volunteer work through 2020 as well and we have a few new surprises for you up our sleeves! Stay tuned and please, keep in touch with us through the comment box on our cart and in the main waiting room in oncology.

What is a Patient and Family Advisor?

A Patient Family Advisor is someone who has had a recent experience (within two years) either as a patient, or the family member of a patient being cared for at the cancer center. We partner with RVH staff and physicians to provide direct input into policies, programs and practices which affect the patient experience.

Are you interested in becoming an RVH Patient Family Advisor?

RVH is currently accepting applications from interested candidates for the cancer centre.



The application form is on the RVH website (www.rvh.on.ca) under the "Careers and Volunteering" tab.

PFAC Hears You!

There have been several comments from patients and families that we have received and addressed. Here are a few comments and what we have done to address your concerns:

Your Comment:



"Please do not put TVs "on" in every waiting room, rather, give people a chance to listen to themselves think. Some of us are so disturbed by the TVs that we become mental."

From Your PFAC Team:

"If you find the TV in your area to be loud, please do speak to reception or a volunteer about turning the volume down or even turning the TV off. It is difficult to anticipate which patients enjoy the TV and which ones do not. We certainly appreciate your comment and hope this helps reassure you that you do have a say in this matter! "

Your Comment:

"Could we please have a "room" where we can rest? Waiting for 6-7 hours for out-of-towners for the bus home is tough!"

From Your PFAC Team:

A long wait is not enjoyable at all, and especially when you don't feel well.

Did you know that Gilda's Club has some nice, quiet spaces for you where you can wait?



It is close to RVH, located at 10 Quarry Ridge Road—right beside the Tim Horton's. Gilda's Club was built to service cancer patients and their families and is free! You must, however, call first and register at the following number: 705 726 5199. They would love to accommodate you while you wait and tell you about the many programs they offer. Check it out!

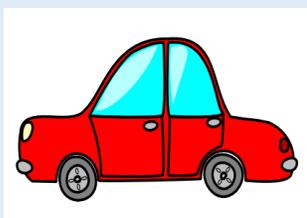


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Reduced Rates for Parking

Yes. You read that correctly! RVH offers reduced rates for parking so that those of you who have multiple visits per week/ month/ year can get a break.

Be sure to check out the flyer located in the main waiting room on the second floor, ask a volunteer, or find the PFAC team on a Tuesday to get a flyer off our cart!

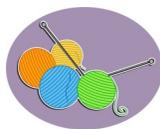


Passes can be purchased at the kiosk located in the north end visitor parking.

Knitted Goods

Thanks so much to the many, many kind individuals who have been busy knitting, crocheting, and quilting!

Check out the hats, mitts, afghans, and shrugs that have been donated to the cancer centre for YOU! That means they are gifts to you to help make your journey through cancer treatment a little warmer.



Please, take an item and think of the love that went into making it!

What's Cooking?

Our dietitians are wonderful as they work with you to determine which foods can provide you with the most valuable nutrients you need to help you build strength and resilience.

RVH Meals to Go is an amazing program that allows you time off from cooking. Prepared by staff at RVH, the frozen meals can be picked up and taken home without pre-ordering!



Words of Wisdom from Us to You

There is no easy way to deal with a cancer diagnosis and everyone's journey is unique for patients and their family and friends. We have been there and because we have been there, we would like to offer you some of our best "words of wisdom" we hope may help.

"Be kind to yourself. Don't be hard on yourself that you don't have the energy to do what you used to do. You are fighting a battle right now. Use your energy to fight!"

"Ask for help. You don't need to do this alone. So many people want to be there for you—not just for you—but also for them. Let others help."

"There is always hope. Start with hope for a cure. If there is no cure, then there is hope for an effective treatment."

Need a Laugh?

Did you hear about the new restaurant that opened on the moon? The service is great, but the atmosphere sucks!



What was "wrong" with the ham before it was cured?

Cottage Dreams

Since 2003, Cottage Dreams Cancer Recovery Initiative has been offering cancer survivors the opportunity to spend a week at a donated cottage. This much needed time away with survivors, their friends and families allows them to reflect and celebrate recovery. For more information, access their website at:

www.cottagedreams.ca