



Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council (PFAC) Newsletter

The Winter 2023 Edition

Happy New Year Friends!

*We thought a good way to kick off a New Year was to focus The Winter 2023 Edition of the PFAC newsletter on the power of spirituality. No matter what your beliefs or affiliations are the RVH's **Spiritual Care Team** is available to all patients and family to help them with their spiritual needs. We wish you all a gentle New Year and hope this issue can help guide you on your New Year journey.*

~ Jennifer McCloskey, Cancer Program PFAC patient member

Meet a PFAC Member: Kelly

Written by Kelly Blakley, Cancer Program PFAC Patient Member



My name is Kelly, a proud member of the PFAC team and a breast cancer thriver. I joined PFAC in 2018 on the suggestion of one of the social workers at the Cancer Centre. My family and I had been seeing her throughout my treatments in 2017 which consisted of chemo, radiation, immune targeted therapy, and surgeries. All of my interactions throughout the cancer centre and related areas of RVH were filled with caring and support from everyone I came into contact with, always exceeding my expectations. I wanted to find a way to give back to a place that had given me so much during one of the most challenging times of my life.

I was diagnosed with breast cancer at 39, had two young kids, a great career, was healthy and right in the middle of building our forever home with my husband. The care that our family received from RVH was pivotal in both the mental and physical part of my treatment and joining PFAC gave me the avenue to give back to a place I felt had given me so much.

The Cancer Program wants all of their patients to have the best care and experience they can and they rely on PFAC for feedback to ensure they are doing that. PFAC consists of a loving and talented group of volunteer patients and caregivers who give their time to sit on committees, review literature, write newsletters, share information with other patients and give general suggestions of how certain things may improve. PFAC is a valued part of the Cancer Centre and we work to make patient experience the best it can be.

When I'm not volunteering with PFAC you can find me enjoying time with my family on our property doing all of the things living in the country offers. Our newest addition to the family, Kodi the K9 loves joining me on daily nature walks.

A cancer diagnosis can change your view of certain things in your life and for me that change was my career. I knew I needed to find a change and along with my sister started taking courses to become an Ordained Metaphysical Minister. After successfully becoming ordained I left my career in sales and started Soul Sisters Celebrations with my sister. Officiating weddings, supporting families during Celebrations of Life and taking on the role of Spiritual Care Coordinator at a local LTC (Long Term Care) facility are some of the new adventures I enjoy. It also allows me more time with my family and time to volunteer with PFAC and support Sunflower Warriors, a group for women going through a breast cancer diagnosis. "We understand because we've been there".

I am very excited that our PFAC travelling cart will be back up and running shortly, though it will look a bit different it will still fulfill the role of supporting those going through treatments by offering information of resources and community supports. If you are looking for a place to give back and volunteer some of your time, reach out to us, we would love to have you join PFAC.



What is Spiritual Care?

“In the hospital setting we often talk about people’s well being in terms of Body, Mind and Spirit. It’s in the spirit part that spiritual care lives and does its work.”

~ Rev. Dr. Dwight Biggs, Spiritual Care Leader at RVH

Spirituality is that part in each of us that seeks to find meaning and purpose in our lives. Spiritual Care connects us with the things that matter deeply; that which strengthens us, helps us cope, gives us hope. You don’t have to be religious to benefit from spiritual care. Our spiritual care professionals will help you express your feelings and concerns in a way that honours your values and beliefs.

To understand more about **spiritual care** this video <https://youtu.be/R3IYM-FEXBI> that gives a good overview of Spiritual Care and what it offers.

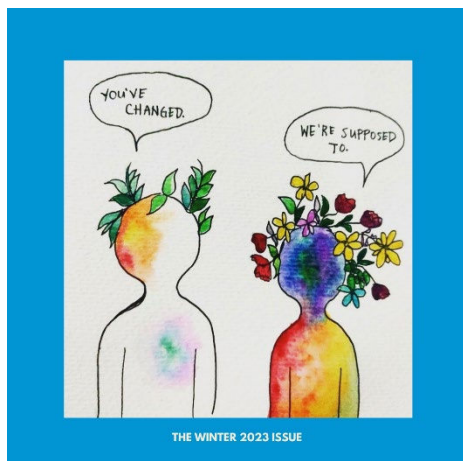
For more information on **spiritual care** you can go here: <https://www.rvh.on.ca/patients-visitors/while-you-are-at-rvh/spiritual-care/>



To book an appointment with your **spiritual care team** contact them at 705.728.9090 ext. 42438.

A Few Words of Inspiration for the New Year

Written by Jennifer McCloskey, Cancer Centre PFAC Patient Member



One of my favourite things to do at the start of a new year is to reflect on the year behind me, focusing on the great moments I experienced and the life lessons I have learned from. I use this information to set my intentions for the year ahead.

This ritual has always given me comfort, even more so since my cancer diagnosis. When you are living with cancer, or on a cancer journey, or supporting someone with their cancer journey, the preciousness of time is very present in your life.

It's good practice to take stock on how you spend your time and to think about how you want to spend it moving forward.

Once I have finished my reflection and intention setting, I feel a sense of purpose and pride. I have a very clear understanding of what I have accomplished and a focus on where I want to go.

Understanding that I will need to pivot from time to time as no life plan is linear. Those swerves and curves are what make our lives unique. I think any cancer patient or caregiver knows the power of a good pivot and the skill of being resilient!

We don't have control over cancer but we do have control over how we respond to it, and this activity helps me appreciate where I have been and stay hopeful and realistic for what's to come in the year ahead.



If you are looking for a tool to help you to develop this habit here is a great (free) tool to help you get started: Year Compass <https://yearcompass.com/>

Sending you all healthy and happy vibes for the year ahead!

Important Updates:

Changes to Employment Insurance (EI) Sickness Benefits



Canadian
Cancer
Society

The Canadian Cancer Society recently shared some great news for those living with cancer.

Effective December 18th an extension to **Employment Insurance (EI) Sickness Benefits** takes effect. From 15 weeks to 26 weeks.

“This means people living with a serious disease like cancer will get 26 weeks of financial assistance if they need time off work to undergo treatment and recovery”

For more information: <https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

A Little Bit of New Year Fun!



THE WINTER 2023 ISSUE



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For more information about the Cancer Program's Patient and Family Advisory Council, visit www.rvh.on.ca and type "cancer pfac" in the search bar.

Community Outreach:

Breast Post-Op Kit Update and Opportunity from Gilda's Club Simcoe Muskoka



Gilda's Club Simcoe Muskoka, an affiliate of the Cancer Support Community, is dedicated to providing support, education and hope to all people impacted by cancer, family members and friends of those. diagnosed, children, and people who have lost someone to cancer.

The **Breast Post-Op Kits** contains a heart pillow among other things to help ease the transition from surgery to home are given to breast cancer surgery patients at RVH.



They have been lovingly made by volunteers at Gilda's Club, Kempenfelt Quilters' Guild, the generous sewers in our community and with the guidance of support of RVH Cancer Centre PFAC committee.

The heart pillow can be used in a variety of ways to protect and provide comfort to the surgical site: as a car seatbelt support, it can be placed between the safety of the belt and surgical site; as an underarm pillow by tying it around the shoulder to protect from accidental bumps; back or neck pillow, arm rest, lymphedema support among other things.

The heart pillow can be used in a variety of ways to protect and

In order to keep up with the demands of this amazing initiative we are looking for help:

- We are in dire need of **COTTON FABRIC** for the Heart Shaped Pillows
- We are also looking for **ANY FABRIC** to use for the knot bags that hold the Breast Post-Op Kits and other projects on the go.

ANY SIZE of FABRIC is welcome.

If you are a sewer who would like to lend your talents to this wonderful project and/or if you have fabric you would like to donate please reach out to:

Cara Dyke, Volunteer Coordinator
Gilda's Club Simcoe Muskoka
10 Quarry Ridge Rd., Barrie, On. L4M 7G1
705.726.5199 ext. 230

A Puzzle to Exercise Your Brain! (Answer key on the last page!)

Simcoe Muskoka Regional Cancer Program Clinics

Created on TheTeachersCorner.net Fill-in-the-Blank Maker

1. Oncology _____ Management Clinic (OSMC)
2. _____ Assessment Clinic (TAC)
3. Thoracic (chest) _____ Assessment Program Clinic (Thoracic DAP)
4. _____ of Cancer Diagnostic Assessment Program Clinic (SoC DAP)
5. Breast Diagnostic Assessment _____ Clinic (Breast DAP)
6. Gyn Oncology Diagnostic _____ Program Clinic (Gyn DAP)
7. Malignant (cancer) _____ Clinic
8. Multidisciplinary _____ Clinic
9. _____ (non- cancer) Hematology Clinic
10. Sexual Health, _____ and Cancer Clinic (SHIC)
11. _____ Clinic
12. Oral _____ Clinic
13. _____ Diagnostic Assessment Program Clinic (Rectal DAP)
14. Skin _____ Clinic
15. Colposcopy _____

Toxicity Biopsy
Chemotherapy Program
Symptom Diagnostic Rectal
Suspicion Skin Lymphedema
Assessment Intimacy
Hematology Clinic Benign

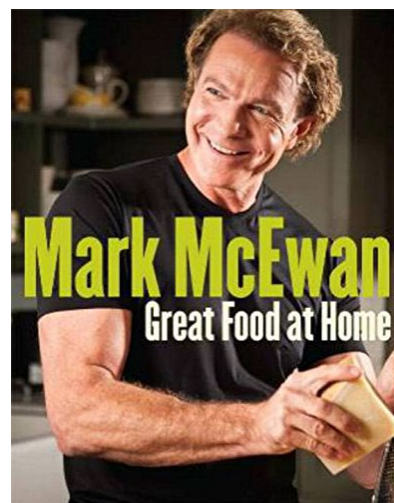
Some Winter Comfort Food

MEATLOAF

by Willa Hart, Cancer Centre PFAC Caregiver Member

Here is a tasty comfort food recipe as we start the year. It's a delicious meat loaf recipe from **Mark McEwan's** cookbook **Great Food at Home**. I used to live across the street from **Mark McEwan's** store in the 80s at Yonge and Eglinton in Toronto and you could get a delicious meat loaf sandwich topped with cheese, onions, and sauce. Yum!

The recipe in the book serves 10-12. I halve it and have lots of leftovers for those delicious sandwiches.



Meatloaf Ingredients

- 2 tbsp vegetable oil
- 1 cup barbecue sauce - divided
- 1 ½ lbs lean ground beef
- 1 ½ tbsp minced chives
- 3 tbsp chili sauce (e.g. Heinz)
- 1 cup panko breadcrumbs
- 1 tsp kosher salt
- 1 Spanish onion, diced
- 1 ½ lbs ground veal
- 3 tbsp minced Italian parsley
- 1 tbsp minced fresh thyme
- 1 tbsp Keen's dry mustard
- 3 large eggs, beaten
- ¼ tsp freshly ground pepper

Meatloaf Directions:

1. Heat 2 tbsp oil in large skillet. Add diced onions. Cook until caramelized. Cool.
2. Reserve ¼ cup barbecue sauce for the topping. Place the remaining ¾ cup sauce, ground veal, ground beef, parsley, chives, thyme, chili sauce, mustard, breadcrumbs, eggs, salt & pepper in a large bowl. Add diced caramelized onions and combine thoroughly.
3. Transfer mixture to 2 loaf pans, or a baking sheet lined with parchment paper and shape meat into a loaf with slightly tapered ends, sort of like a rye bread.
4. Make a bit of a ridge (or not) down the length of the meatloaf. Fill with the reserved ¼ cup of barbecue sauce.
5. Bake in a preheated 350F oven for about one hour or until a meat thermometer reaches 165F when inserted into the centre.
6. Let rest at least 30 minutes before slicing. It's also great cold.

Puzzle Answer Key

Simcoe Muskoka Regional Cancer Program Clinics

Created on TheTeachersCorner.net Fill-in-the-Blank Maker

1. Oncology Symptom Management Clinic (OSMC)
2. Toxicity Assessment Clinic (TAC)
3. Thoracic (chest) Diagnostic Assessment Program Clinic (Thoracic DAP)
4. Suspicion of Cancer Diagnostic Assessment Program Clinic (SoC DAP)
5. Breast Diagnostic Assessment Program Clinic (Breast DAP)
6. Gyn Oncology Diagnostic Assessment Program Clinic (Gyn DAP)
7. Malignant (cancer) Hematology Clinic
8. Multidisciplinary Skin Clinic
9. Benign (non- cancer) Hematology Clinic
10. Sexual Health, Intimacy and Cancer Clinic (SHIC)
11. Lymphedema Clinic
12. Oral Chemotherap
y Clinic
13. Rectal Diagnostic Assessment Program Clinic (Rectal DAP)
14. Skin Biopsy Clinic
15. Colposcopy Clinic

Toxicity Biopsy
Chemotherapy Program
Symptom Diagnostic Rectal
Suspicion Skin Lymphedema
Assessment Intimacy
Hematology Clinic Benign