



## Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council (PFAC) Newsletter The Fall 2023 Edition

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“Life starts all over again when it gets crisp in the fall.”

~ F. Scott Fitzgerald “The Great Gatsby”

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*Fall is my season I love the cooler temperatures. The cozy vibes. The changing colours. And of course...back to school! It doesn't matter how old I am I always feel like the autumn is time to start something fresh and new.*

*This edition of our newsletter is going to help you capture the fall feeling!*

*We are featuring some great resources available in our community to you and your families during your cancer journey. We focused specifically on programs for family for this issue because we know that when you have cancer you are not the only one impacted. We have included some great updates for you to be aware about RVH. We also have a yummy and easy recipe for you to try out that is perfect for getting back into a fall routine. There are lots of other little gems in the fall newsletter aimed to inform and inspire you this season.*

*Be happy, be well and stay cozy friends.*

~ Jennifer McCloskey, Cancer Program PFAC patient member

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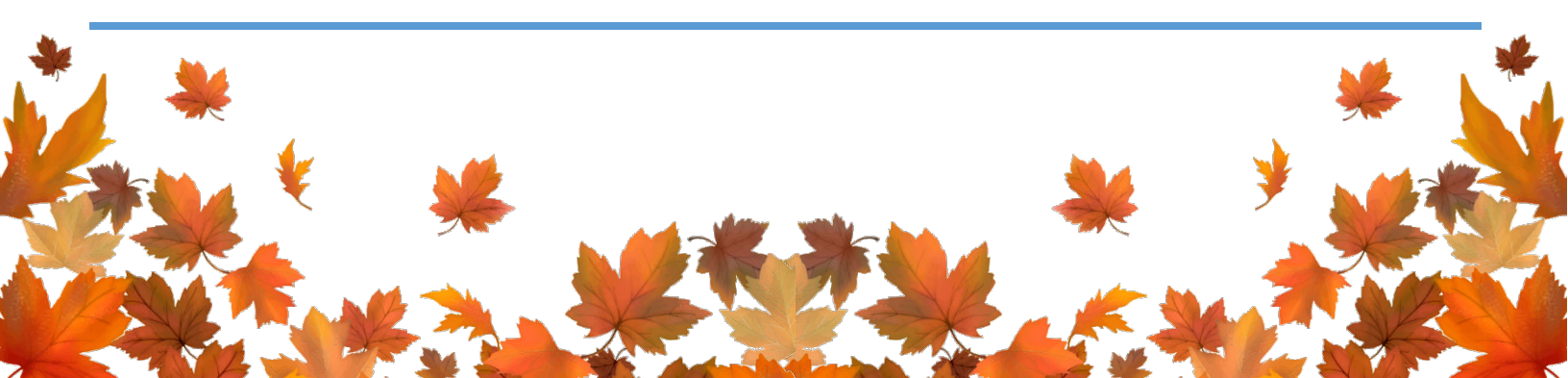


Image by rawpixel.com on Freepik

For more information about the Cancer Program's Patient and Family Advisory Council, visit [www.rvh.on.ca](http://www.rvh.on.ca) and type “cancer pfac” in the search bar.



## Children and Family Programs Around Our Community

**A cancer diagnosis has a wide-reaching impact.** We know how important Care Partners as well as close family and friends are to those diagnosed with cancer. **Everyone** is impacted by a cancer journey.

We have many wonderful resources available in our community to help. **Here are a few.**

### Cancer Program's Explore and More Children Tour

Returning after a 3-year hiatus, the Explore and More Children's Tour is an in-person tour of the Cancer Centre for children, youth and their adult family members or friends. A great event to help kids understand what happens when their loved one goes to the Cancer Centre.

Tour runs monthly starting October 2023. For more information, visit [www.rvh.on.ca](http://www.rvh.on.ca) and type "[explore and more](#)" in the search bar, or call 705-728-9090 x43520.



### Nankind

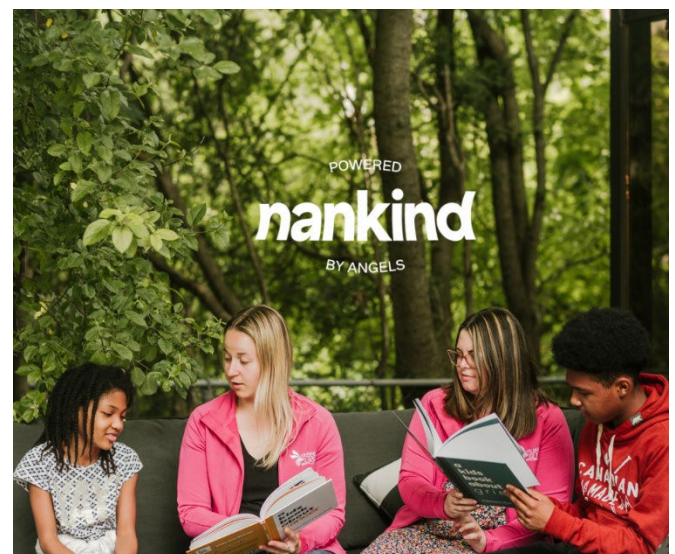
Nankind transforms the cancer experience for families by providing free support programs. Through a parent's cancer journey, from diagnosis through bereavement, Nankind's community of volunteer Angels give children the tools to understand their parents' illness and build lifelong emotional resilience.

**Parents get time back to rest and recover, knowing their kids will be supported.**

To date Nankind has supported:

- **2,000+** families
- Empowered **4,000+** children
- Provided **30,000+** hours of free childcare
- Delivered **60,000+** meals to families in need.

To learn more about Nankind and get involved visit [Nankind.com](http://Nankind.com) today.



## Hospice Simcoe

Each year, thousands of children, and youth in Ontario bear witness to the life-limiting illness, or death, of a person in their life. **Going through such an experience can be hard to grasp and can change your world in ways that are difficult to describe, let alone while trying to navigate the complexities of development and the pressures of the world around you.** When children and youth are grieving, having a supportive community that allows them the opportunity to explore and process their grief safely is essential. However, in a society that refrains from openly discussing dying, death, grief and bereavement; it can be challenging for adults to determine how best to communicate with, and support, their grieving children/adolescents.

**Hospice Simcoe's Children and Teens program** is designed to ensure that young minds impacted by grief are given space and community to safely learn about and explore their grief. Through short-term one-to-one peer support, children and youth who are anticipating a loss or who have experienced a death, can receive compassionate care that will aid them in addressing various grief/bereavement needs, as well as identify strategies to help them adapt and manage as best as possible. Parents and caregivers can also benefit through direct and indirect educational opportunities that assist in raising awareness of the grief experience in children and youth, in addition to interventions and techniques that can be employed to minimize the tumultuousness that can come with grief during a time of significant change and growth.

**This program is available to all grieving children and youth from the age of 4; regardless of whether or not their person or family was involved with Hospice before the death.**

For further information or to access support, don't hesitate to get in touch with Hospice Simcoe's Community Support Team at (705) 725-1140 or [hospicesimcoe.ca](https://hospicesimcoe.ca)





## Gilda's Club Simcoe Muskoka

Gilda's Club offers educational, play-based workshops for children and youth that focus on developing healthy coping strategies to support feelings that may be experienced when someone is touched by cancer.



**NOOGIELAND™** is specifically designed for children and teens ages 4-17; named after the “noogies” that Todd (Bill Murray) gave to Lisa (Gilda Radner) on Saturday Night Live. These programs are aimed at educating, supporting, and connecting families impacted by cancer in any way.

For more information on **Gilda's Club Simcoe Muskoka** including learning more about the Fall Offerings check out:

[gildasclubsimcoemuskoka.org](http://gildasclubsimcoemuskoka.org)



## Seasons Centre for Grieving Children

Season Centre for Grieving Children offers a **variety of facilitated peer support groups for children ages 5-24 and their caregivers** grieving the death, or life-limited illness of an immediate family member.



*Volcano Room*



*Medical Playroom*

Through **structured activities** and **self-regulated play**, the peer support groups provide participants with the opportunity to learn tools and skills to work through the complexity of grief with others their age, who have experienced a similar situation.



### SEASONS CENTRE FOR GRIEVING CHILDREN

Has been providing services to grieving children and their families in a warm and caring atmosphere since 1995. We are committed to creating and maintaining an inclusive culture where everyone feels valued and respected.

#### VISION

To create spaces for bereaved children (and their caregivers) to explore, share and find support in their grief.

#### MISSION

Seasons Centre for Grieving Children provides support and education for bereaved children, youth, and caregivers within the diverse communities we serve.

#### PROUD MEMBERS OF:



### HOW TO SUPPORT A GRIEVING CHILD

- Encourage children to participate in the funeral/memorial process
- Provide a safe feeling environment
- Maintain routine as much as possible
- Encourage questions
- Reassure children that the death was not their fault
- Normalize feelings of grief - it is normal to be sad, angry, etc. when someone dies
- Encourage peer support so they do not feel "alone"
- Offer clear limits and guidelines
- Encourage expression of sadness, anger, or other grief emotions
- Role model: Cry if feeling sad, hit a pillow if angry as you talk about your feelings
- Offer plenty of hugs and cuddling
- Read books about death and grief
- Commemorate and memorialize the person who died especially on special days

### SUPPORT Program INFORMATION



### SEASONS CENTRE FOR GRIEVING CHILDREN

Healing Hearts with Hope

38 McDonaki Street  
Barrie, Ontario L4M1P1  
Phone: (705) 721-5437

[www.grievingchildren.com](http://www.grievingchildren.com)  
Charitable Business Number: 8984 98142 RR0008

For more information on Seasons Centre for Grieving Children check out their website:  
[grievingchildren.com](http://grievingchildren.com)

## Updates on the advanced PET-CT technology

Written by Jessica Dolan, RVH Corporate Communications

Progress continues with the PET-CT scanner installation and renovations in RVH's Medical Imaging Department of Nuclear Medicine.

The scanner was recently moved into the scan room and assembly will soon begin.



We are on-track to have the PET-CT up and running late Fall 2023.

Stay tuned for more information, progress on construction and a sneak peak of the completed area.

## Your preferred name is important to us!

Written by Susanna Wong, PFAC Staff Member

Do you prefer to be greeted by a different name than what appears on your health card? Good news! You can specify how you would like to be greeted at your RVH appointments. In your Electronic Medical Record (EMR), there's a space for RVH Staff to enter your preferred name, along with your legal name as it appears on your health card or legal documents. In your EMR, we can enter **4 different name types**: at birth, maiden, alias/nickname, and preferred. When you provide us with your preferred name, this name will display in the header beside your legal name in brackets and bolded letters. This allow staff to easily identify when a patient goes by a different name from what's on their Health Card.

Here's an image of a patient armband where the preferred name is in brackets. In this test patient example, the patient's legal first name is Five but they prefer to go by the first name Jill.



To provide us with your preferred name, you can contact **RVH Health Records** at 705-728-9090 Ext. 42563, update your profile on the [MyHealthCare Portal](#) or speak to a **registration clerk** at your next in-person visit at RVH.



## Inspirational Vibes: Spiritual Care

Written by Rob Henderson, Spiritual Care Clinician for Cancer Centre

I am settling into my role as spiritual care clinician at the Simcoe Muskoka Regional Cancer Centre and have been well supported by not only the Spiritual Care Team in RVH, but also the staff at the Cancer Centre.

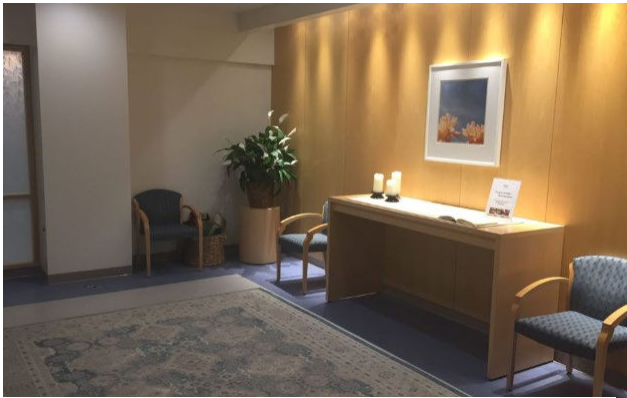
I am truly amazed at the work the staff put in on a daily basis to make a patient focussed experience.

I am also humbled by the patients and families with whom it is my privilege to journey through both the celebrations and the tougher times.

I have shared in the joy when patients are able to ring the bell in the chemo suite, or the gong down in radiation, knowing that treatment is over and looking forward with hope to a continuing journey in remission.

I have also walked in sorrow with those who have received a new or returning diagnosis and those for whom treatment is no longer working.

And I journey with those in between who show up to each appointment taking each day as it comes. I thank you for all who have invited me into their journey and look forward to continuing to share your paths.



*Spiritual Care at RVH*

If you are looking for a quiet space to pray, reflect, or meditate, the **Spiritual Care Centre** is always open. **Located on the lower level of RVH off the Food Court.**

**Dial “0”** on any RVH phone to contact Locating and **ask for Spiritual Care.** (After hours **ask for On-Call Spiritual Care.**)

<https://www.rvh.on.ca/patients-visitors/while-you-are-at-rvh/spiritual-care/>

## Indigenous Patient Navigator at RVH

Written by Emily Dampier, Indigenous Patient Navigator

My name is Emily Dampier and I am the new Indigenous Patient Navigator at RVH.

I am an Anishinaabe kwe with my family from Biinjitiwaabik Zaaging Anishinaabek, or Rocky Bay First Nations, and also of Polish descent.

I come from a background of mental health, currently a member of the College of Registered Psychotherapist of Ontario as a Registered Psychotherapist (Qualifying).

Cancer has had a great impact on my life, with many family members currently fighting cancer, beating cancer, and passing from cancer.

Through this, I recognize the importance of support from family, friends, and community, and I am passionate about providing safe and culturally relevant care to all people I come in contact with.

As the **Indigenous Patient Navigator**, I am here to provide care through a holistic lens that is culturally relevant, advocacy within the healthcare systems, support for patients and their families, and to ensure that patients feel safe and supported from start to finish of their cancer journeys.

Miigwech.

**RVH's Indigenous Patient Services and Spiritual Care** is happy to assist patient's access traditional Indigenous healing practices. For more information please email **IndigenousTeam@RVH.on.ca** or call **705-790-1196**





## Patient's Corner:

### Patient Question:

“Thank you the newsletter. I wonder if you can help with wig information. I was diagnosed in November and have had no information with respect to what is available to cancer patients. Would you kindly point me in the right direction?”

~ Cancer Patient at RVH Cancer Centre

Thank you for reaching out!

To answer your questions on wigs: the best way to find a wig store closest to you is by calling the [Canadian Cancer Society](#) (1-888-939-3333) or 211. These are directory-based services that allows you to talk to a live attendant and you can specify what you are looking for.

Wishing you all the best your cancer journey.



Please send us any patient or care partner questions to [nsmscreening@rvh.on.ca](mailto:nsmscreening@rvh.on.ca). We would love to hear from you!

## Parking at RVH:

Written by Kelly Blakley, Cancer Program PFAC Patient Member/Co-Chair

As **Patient Peer Liaisons** my Cancer PFAC colleague Jocelyn and I go around to visit patients in the chemo suites and radiation waiting rooms. During those visits we connect with patients and caregivers and share information about different services, support networks available at RVH and in the community.

### ***Parking pass information is our biggest discussion point.***

We wanted to take the opportunity to provide some clarity regarding these parking passes. You can find all updated information on Parking in the parking pamphlet and on the RVH website: <https://www.rvh.on.ca/patients-visitors/parking-and-transportation/>

For anyone who will be receiving treatments over many months at RVH we recommend the **H Pass** as the best deal for you.

### **HPASS (unlimited in and out privileges)**

Valid for one year after purchase

**Purchased only at the Parking Office**

5-Day pass – \$47.00

10-Day pass – \$82.00

30-Day pass – \$103.00



The 5, 10, or 30 days **do not need to occur in a row** and **you have in and out privileges**.

*Let's look at an example of a parking situation using a 30-Day HPASS:*

- When you purchase a **30-day pass** this means you have **365 days** from the time of purchase to use those **30 days**.
- Let's say you have **25 days** left on your card and you have two appointments on a Tuesday, one at 9 am for bloodwork and one at 1 pm to see your Oncologist:
  - You would swipe your card on you way in for your morning appointment.
  - You then will have in and out privileges for the next 24hrs
  - So you can leave after your first appointment to do some errands and come back for your 1 pm appointment.
  - This will only count as 1 day use even though you used it twice in one day.
  - At the end of the day you will have **24 days** left on your card.

We hope this helps clear up your parking pass questions. Remember the RVH site is your best place to go for the most up-to-date information on your parking needs:

<https://www.rvh.on.ca/patients-visitors/parking-and-transportation/>

## Yummy Recipes



### Crockpot Chicken Burrito Bowls

Submitted by Kelly Blakley, Cancer Program PFAC Patient Member/Co-Chair

It is crockpot season and this recipe is perfect for a fall get back to a schedule dinner. Enjoy!

#### Ingredients:

- 1 ½ pounds of boneless, skinless chicken breasts (thighs work as well.)
- ½ packet of chilli seasoning
- ½ packet of fajitas seasoning
- 1 (16 ounce) jar of your fave salsa
- 1 (10-ounce) can of diced tomatoes (I used the Italian Seasoning style)
- 1 ½ cups fresh or frozen corn kernels (from about 2 ears of corn if using fresh)
- ½ cup finely chopped onions
- 1 (15-ounce) can of black beans, rinsed and drained
- ½ cup of finely chopped cilantro
- Your choice of brown, basmati, jasmine, Mexican rice, cooked and hot for serving.

#### Optional Topping Ingredients:

- Shredded Lettuce
- Chopped Tomatoes
- Shredded Cheese
- Chopped avocados or guacamole
- Sour Cream
- Chopped Green Onions
- Tostitos crunched up for scooping
- Additional chopped cilantro
- Hot Sauce

#### Directions:

1. Place chicken in crockpot.
2. Sprinkle seasoning, corn, black beans, and onions over chicken.
3. Pour salsa and canned tomatoes on top.
4. Cook on high for 4 hours or on low for 6-8 hours.
5. Just before serving, use two forks to shred the chicken.
6. Add cilantro.
7. Stir to combine ingredients
8. Serve over rice with optional toppings as desired.

## Wishing Everyone a GREAT Fall!



If you are looking for back issues of the **Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council (PFAC)** Newsletter visit us here:

<https://www.rvh.on.ca/?s=pfac+newsletter>