



Ottawa Regional
**Cancer
Foundation**

**Fondation
du cancer**
de la région d'Ottawa

**In the past year, YOU touched the lives of
LOCAL CANCER SURVIVORS**



Discover the difference you made through

Cancer Coaching

A LIFE-CHANGING IMPACT

You believe in better local cancer care, and so do we.

It's why we've been working together to help families affected by cancer in the Ottawa region: because we both know that with the right tools and information—with the right support—people can be empowered to live well in spite of cancer.

Your generosity to the Ottawa Regional Cancer Foundation allowed us to invest in the past year **more than \$1.5 million** toward local cancer care through Cancer Coaching.

Cancer Coaching gives families the guidance they need to manage challenges related to cancer, whether that's brain fog, caregiving, or end-of-life. In fact, **since 2011 more than 2,600 families have found a better quality of life through Cancer Coaching**. And because of you, we've been able to help more people by making the service more accessible.

Take a look and discover how YOU touched the lives of your neighbours, friends, and loved ones.

You're helping **MORE** people get **THE CARE THEY NEED**

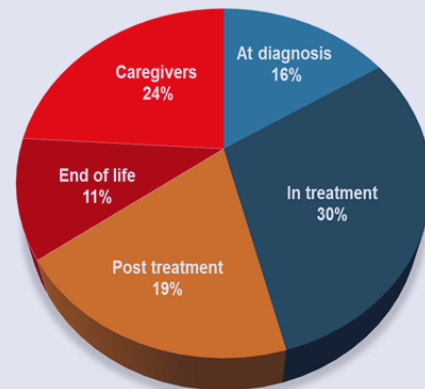
With 8,730 visits to the Cancer Foundation's **Maplesoft Center** last year alone, we're driven to continue offering high quality Cancer Coaching services and to expand these services so we can empower more survivors.

Recent survey results tell us our program is right on track. **Over 87% of our clients agree that their quality of life has improved**, and the impact is being felt throughout the health care community:

"I've had oncologists tell me they know when their patient has received Cancer Coaching," says Johanne Levesque, Vice President of Survivorship Care. "They come to their appointments better prepared, with an understanding of their options. They become a more active participant in their own care."

Survivors and caregivers can depend on just-in-time services that are right for them—whether that means an initial call to get things started, or meeting their Cancer Coach within 5 business days. They receive crucial guidance, tools and resources that help them and their families to better manage the stress and trauma associated with cancer and

WHO am I helping?



Remember that everyone who receives Cancer Coaching helps many more: new resources and strategies are shared with family, friends, and co-workers, and everyone benefits when someone has new-found confidence and hope.

source: 2015 Client Satisfaction Survey

improve their quality of life. In fact, just this past year we made **close to 1,900 referrals** to trustworthy and valuable community resources. And with **three new wellness workshops** available and **new brain fog certification** for our Cancer Coaches, those who are living with cancer now have access to more resources that are just right for them.

Cancer Coaching clients share **YOUR IMPACT ON THEIR LIVES**

93%

"I'm in a better position to keep myself healthy."

90%

"I'm better able to cope with my life."

87%

"My quality of life has improved."

source: 2015 Client Satisfaction Survey

And, thanks to your support this past year, we can **now offer Cancer Coaching to our multicultural community**. We've also started working with various health partners to expand the services even further, following a successful pilot project that brought Cancer Coaches out into the community. One of these exciting initiatives currently in development is a **certification program**, which will qualify other health care professionals to offer Cancer Coaching beyond the Ottawa region.

Thanks to YOU, Cancer Coaching is truly changing lives for the better, today and into the future.

You supported François toward **THE DREAM OF A LIFETIME**

It's been a memorable summer for François Montour. "I went through the Rideau Canal locks for the first time with my new boat. A bit nerve-racking, but quite exciting at the same time!"

At 61, François just bought a boat—a lifelong dream he'd been keeping for his later years. But François prefers to live in the now. "I try to live in the present moment as much as possible and enjoy each day of my life to the fullest."

That's because François was diagnosed with high-grade carcinoma bladder cancer in February 2015. He had battled **anxiety** in the past, and his diagnosis brought on a new wave of worry. On the heels of his anxiety came feelings of **loneliness** and **depression**. He didn't announce the diagnosis to his daughters, afraid it would worry them. His



brothers and sister all live out of town, and he couldn't return to his job at Foreign Affairs on account of three operations and upcoming immunotherapy treatments.

That's when François came to the Ottawa Regional Cancer Foundation's website, trying to find local support groups online. **"I met with my Cancer Coach, Marlene. The meeting changed my life at the time. She reassured me that my cancer was likely treatable. It appeased my fears and helped me deal with my anxiety quite a lot."**

Marlene also suggested he join the Coping with Cancer group workshop, which he found beneficial.

Cancer and its treatment can impact many aspects of everyday life: nutrition, exercise, concentration, emotions, sexuality. Led by a Cancer Coach, the **Coping with Cancer** workshop brings together survivors with varying diagnoses and at different stages of treatment. Participants learn and share strategies to help them adapt to life with cancer.



François and his daughters in June of this year.

“ I discovered I was full of resources and better equipped than I thought. ”

They also have time for group discussion, which François really appreciated: “Meeting with people going through a similar situation is always different from talking to your close relatives. There was an instant connection between us and I felt I was really understood.”

As he continues to enjoy his boat and to live in the moment, in spite of more treatments to come, François takes the time to reflect on the gift of Cancer Coaching:

“It opened my eyes to the fact that I was becoming and acting like a victim. Instead I discovered I was full of resources and better equipped than I thought to go through this period of my life. And that is a gift that will remain with me for the rest of my life.”

François says it best: “Your donation changes people's lives.” So on behalf of all the people whose lives you've changed for the better: THANK YOU!

**Your donation changes
people's lives.**

THANK YOU!

Survivors and caregivers open up about Cancer Coaching

THANK YOU!

