

## SHE WAS SWIRLING IN A MAELSTROM OF EMOTIONS



### HOW YOU HELPED ARIANE COPE WITH HER DAD'S DIAGNOSIS

Ariane remembers the day it happened. On the bus after work, she got a text from her mom. It said to call home.

She sensed something was very wrong. Ariane talked with her mom and dad on the phone every day, and knew her dad was having digestive problems. But she never expected this.

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## *How You Helped Ariane Cope With Her Dad's Diagnosis continued from cover*

The news was bad – pancreatic cancer. The shock sent her reeling. “I zoned out,” she says. “It didn’t sink in. Then I started to cry and didn’t want to talk about it.”

Part of the problem was that Ariane lives in Ottawa, pursuing her career as a legislative clerk. But her family is in Quebec. So, she couldn’t be there with them. “I felt like I was letting my dad and my family down,” Ariane says. “I didn’t know how to cope, and I didn’t know how to help.”

It was fear, on top of worry, on top of guilt. Ariane carried all of it. The weight was too much to bear. “I was freaking out,” Ariane says.

Thankfully, she found Cancer Coaching, a service provided free through your generous support. It was a revelation. “Learning about Cancer Coaching,” Ariane says, “was the best news I had in weeks after my dad’s diagnosis.”

From the first session, Ariane felt better. “Cancer Coaching is a safe place,” she says. “You can talk, cry, and vent about cancer.” Along with emotional support, Ariane’s coach provided strategies for staying in the moment with her dad, listening better, understanding what her family was going through, and supporting her mom and her sister.

Ariane also learned to take time for herself. Her coach encouraged her to journal, and suggested the caregiver’s workshop, where Ariane learned meditation and yoga. Even more important, she learned not to compare herself to other caregivers. “I realized I’m not a bad person,” she says, “because I couldn’t be there 24/7 for my dad.”



*Cancer Coaching helped Ariane be there for her dad, and your support made it possible.*

A cancer diagnosis throws the whole family into turmoil. But Cancer Coaching empowered Ariane to cope and to help. “It’s made a big positive impact on my mental health,” Ariane says. **That’s because of you. Your support makes Cancer Coaching available to people who need it. That’s the impact you have on their lives with each gift you give.**

# “VIRTUAL COACHING BREAKS DOWN BARRIERS”

## Thanks to You, Cancer Coaching Is Reaching More People



*Program Manager Stephanie Woodard. Your support lets her combine Coaching with technology to help people handle cancer.*

Bill loved meeting with his Cancer Coach, but then his condition made it impossible to drive. So, now he simply goes to another room in his home, turns on his computer, and has a face-to-face interaction with his Coach. That’s virtual Coaching.

Because of it, people living in rural communities, people who can’t travel, and caregivers who can’t leave a loved one unattended can have the wonderful experience of Cancer Coaching. Your generosity makes it possible.

Virtual Cancer Coaching takes place over the phone or via a secure video link. You talk with your Coach about your worries, fears, and challenges just as you would in person, and you get compassionate support and help, just as you would in person.

The program is being piloted in Timmins, and there are plans to expand. Stephanie Woodard, Program Manager at Ottawa Regional Cancer Foundation, helped develop it. “Virtual Coaching breaks down barriers,” Stephanie says, “whether that’s distance, time, finances, health restrictions, or whether someone is just exhausted from dealing with cancer. Virtual Coaching brings the Coaching experience right to you.”

The Coaches are trained to build rapport in a virtual environment. They’re knowledgeable about resources available in their area. And they can bring new perspectives to Coaching based on their wide experience. With this technology, more people than ever can discover the life-changing power of Cancer Coaching. You’re making that happen with your wonderful support – thank you!

# RESEARCH BREAKTHROUGH: IMMUNOTHERAPY FOR COLON CANCER

## This Is Your Support Saving Lives

Immunotherapy is one of the most exciting breakthroughs in cancer treatment, but for most types of colorectal cancer, it has yet to show much promise. That’s about to change, thanks to you.

In a nationwide study, Canadian researchers recently analyzed the effects of immunotherapy on colorectal cancers that had become resistant to other standard treatment. The result? They found that two specific immunotherapy drugs used in combination hold great potential for treating colon cancer.

According to Dr. Eric Chen, the study chair and an oncologist at the Princess Margaret Cancer Centre in Toronto, the two drugs proved to work well together. “These drugs have shown evidence of synergistic effect that we were hoping would overcome the apparent resistance of colorectal cancer to immunotherapy,” he says. The study ran in 27 centers across Canada, and thanks to your support of our local clinical trials office, Ottawa was one of them.

But what does this discovery mean for colon cancer treatment? Lucy Chang, who was part of the clinical trial, said, “Over the past 18 months I have been able to lead a more normal life while controlling my cancer.” This research could lead to a solution for more people with colon cancer.



*You drive the research that saves more lives from cancer – thank you!*

# MORE CANCER COACHES FOR MORE PATIENTS AND CAREGIVERS

## Your Support Launches New ICAN Cancer Coach Training Workshop



*Cancer Coach Bonney Elliot. She uses her skill as a Coach to train others, thanks to your generous gifts.*

Cancer Coaching changes the lives of patients and caregivers, and now your support is training more Coaches to bring this amazing experience to more people and more communities! The first ICAN Coach Training Workshop took place recently, thanks to your gifts.

Bonney Elliot, a Cancer Coach with the Ottawa Regional Cancer Foundation, developed the training program. “When we train Coaches,” Bonney says, “we

focus on the skills Coaches need to help people realize what’s important to them in their journey with cancer.”

For example, three skills that Coaches learn include:

- Active listening, so that the person being coached feels heard and understood.
- Motivational interviewing to explore the person’s values and move them to a plan of action.
- Mirroring, a technique that empowers the person to come up with solutions themselves.

Social workers, nurses, and other health professionals tend to be prescriptive, telling people what to do, so the training emphasizes how Cancer Coaching is different. “Coaches listen and uncover the person’s strengths so they can come up with solutions for themselves,” Bonney says. “It’s very empowering.” This new training is crucial. It means that more Coaches will be there for people in their journey with cancer, and it’s because of you and the caring gifts you give.



## MAKE TRANSFORMING CANCER CARE YOUR LEGACY

You can be the driving force behind Cancer Coaching, clinical trials, and research for years to come with a gift in your will, trust, or other account for the Ottawa Regional Cancer Foundation. By giving this special gift, transforming cancer care and empowering people in their journey with cancer become part of your life story forever. This can be your legacy, your gift for people all across Eastern Ontario. Find out more: Contact Paula at 613-247-3527 ext. 258 or [paula@ottawacancer.ca](mailto:paula@ottawacancer.ca).

**VISIONARY  
CIRCLE**

Leaving a Legacy of Hope

**Send  
your gift  
now**

### Change Lives and Save Lives from Cancer

Yes, I’m giving to power Cancer Coaching, clinical trials, and research to transform cancer care in Eastern Ontario. Here’s my gift of:

\$25  \$50  \$75  \$100  \$\_\_\_\_\_

My cheque is enclosed, payable to **Ottawa Regional Cancer Foundation**

Je préfère recevoir ma correspondance en français.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code : \_\_\_\_\_

To donate online, visit [www.ottawacancer.ca/donate](http://www.ottawacancer.ca/donate)

## Upcoming Events

### Cancer Champions Breakfast

On May 8th, help change a life.

Learn more at

[www.ottawacancer.ca/2019breakfast](http://www.ottawacancer.ca/2019breakfast)

### Cardel Homes Lemonade Standemonium

Saturday, June 1, 2019

Get involved in Ottawa’s biggest lemonade fundraising opportunity.

Read more at [www.itakeastand.ca](http://www.itakeastand.ca)