



What Would Connie Do?

During a self-exam she found a large lump and made a doctor's appointment the same day. An ult was halfway through the drive from Ottawa to his parents farm in Collingwood Ontario when it hit David really hard. He was alone. Just David and the dog. **His wife Connie was gone forever.**

Connie Welden lost her battle with adeno-carcinoma, an aggressive, unrelenting cancer, just six weeks after she started noticing pains in her back and just 3 days after she was told she had 3 months to live.

"The first hint of symptoms happened only 6-8 weeks before she died," says David. "We thought she pulled a muscle at karate class, but it wouldn't heal. She was one week away from receiving her brown belt. Then she started getting bruises all over her body."

David and Connie were best friends. They did everything together, including raising two wonderful children and running a successful business.

The trip to his parents farm was one David and Connie made countless times. Traveling together on these long rides was their chance to laugh, chat, plan and catch up with each other.

"Everything happened so fast when Connie got sick," David recalls. "When Connie was in the hospital, I promised her she would never be alone...and she never was. It was during the drive in March when I realized maybe it was time to think a bit about me. Maybe I should have a personal 'tune-up', or one day I may pay for the lack of focus on myself."



Ailish, Trevor,
Connie and David.

"It has almost been six months since Connie died." He says. "I have been so busy with our business, our legal affairs and most of all, the kids, I haven't had time to think of myself."

Losing your wife, business partner and best friend is a devastating experience. Most people would be forgiven for falling into a world of despair. Just like David's promise to Connie, he made a vow to himself as well.

"Feeling sorry for myself is not going to help the kids, or the business." To help get through some tough and even day-to-day decisions, David asks himself a simple question;

"What would Connie do?"

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"Everything happened so fast when Connie got sick."

Help for Survivors and Families

Cancer Transition Program Comes to Ottawa

Originally developed by the Lance Armstrong Foundation and the Wellness Community, Cancer Transitions got its start in Canada through the BC Cancer Agency.

The program, launched in Autumn 2009 focuses on five key areas;

- Emotional well-being
- Nutrition
- Medical Management
- Exercise
- Survivorship Care Planning

The six week program, run by experts in cancer care and management, invites cancer survivors of all stages and ages to gather and discuss their challenges and successes.

The Cancer Foundation's Tina Matilla helped organize the program in Ottawa, discovering a common thread among participants.

"They were all very calm and stoic when speaking about themselves, their treatment and surgery," recalls Tina. "But when they started talking about their parents and children and how they were affected...that's when it got emotional."

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“Life is Good and We are Blessed”

Ottawa Couple Gives Back - Big Time!

When Shelly Courneya was 11 years old, she lost both of her parents within 3 months of each other, her mom, Reva succumbing to cancer. The youngest of 5 children, Shelly had to grow up quickly. Throughout her life, she never forgot those who helped her along the way.

Today, Shelly and her husband Carl are giving back. Big time.

Shelly and Carl are non-stop fundraisers. Since 2006 the west-Ottawa couple and their team “Saving our Ta-Ta’s” has raised over \$340,000 for cancer in the Ottawa area including the Weekend to End Women’s Cancers.

“Last year our team raised \$130,000,” says Carl. “We had 71 people on our team, including 40 walkers. We start training in February, it’s a party.”

In addition to the Walk, Shelly published a cookbook, “Tickled Pink”, selling 2,000 copies from their home. The \$50,000 they raised is divided among hospitals and foundations across Canada. Last year, their annual ‘Breast Stroke Golf Tournament’ raised \$17,000 for the Ottawa Regional Cancer Foundation.

This year, the money they raise from the golf tournament will go towards Wellspring Ottawa.

“The healing doesn’t end after the last cancer treatment. Wellspring Ottawa will be a refuge for Cancer Survivors,” says

Carl. “I am honoured to be part of this wonderful organization and I look forward to opening day in 2011.”

To learn more about Carl, Shelly and Wellspring, please visit ottawacancer.ca and follow the links.



(WHAT WOULD CONNIE DO? CONT...)



“It helps me cope.”

During her time in hospital Connie told David that although she wasn’t happy about the cancer, she was okay with dying. She was proud of David, their children and the life they had together.

One of Connie’s biggest regrets was not being able to see Ailish on her future wedding day. “We talked about Ailish - who isn’t engaged - getting a wedding dress and bringing it to the hospital, but we never got the chance.”

David is proud of Ailish. Their already close relationship has gotten even stronger. “Ailish impresses me. She is doing very well and I am happy with my closer connection to her since Connie died. But I’m a guy and sometimes I have to think to myself ‘What would Connie do?’ in certain situations. One thing for sure, I am becoming a better shopper.”

David is thankful for many things since Connie’s death. Connie’s two sisters stepped in to help since the very beginning and David’s sister stood beside them as Connie fought her illness. His parents and brother have been a source of strength for his entire family.

“So many people have been so kind, I worry about missing somebody.”

Yet it his two children who have been David’s greatest source of strength and inspiration.

“Trevor took a year off school to be with me and work with me...filling in Connie’s role at the office.” says David. “Trevor is the strong, silent type and having him around just makes me feel good. Ailish is back to school at Dalhousie, making me proud with great marks and renewed energy. We talk on the phone at least five times a day.”

“When the Doctor pulled the curtain around the bed that night, telling us Connie had 3 months to live, everything changed. I love Connie so much and will miss her forever, but now I have to get on with life and take care of myself. After all...that’s what Connie would do.”

As David reviewed the first draft of this article, he noticed the *Ottawa Regional Cancer Foundation* web address. He went there, looking for anything that may help him. He found what he was looking for and for the first time since Connie’s death considered looking for support. If you or anyone you know is dealing with the death of a loved-one please visit www.ottawacancer.ca.

(HELP FOR SURVIVORS AND FAMILIES CONT...)



Wellspring Ottawa will give Cancer survivors, their families and caregivers essential, non-medical programming resources and services.

Programming will also complement the work of other members of the health care team to ensure the healing above and beyond the tumour.

Programming will include;

- Coping mechanisms
- Individual and group counselling
- Post treatment
- Financial concerns
- Nutrition, health and fit skills

The Wellspring philosophy meshes perfectly with the mission of the Ottawa Regional Cancer Foundation. Leadership. Partnership. Survivorship.

Ottawa Regional Cancer Foundation

Our Philosophy

Leadership. Partnership. Survivorship.

Leadership by recognizing the needs of cancer patients and cancer care specialists, and work to fill those needs.

Partnership with the community for fundraising, awareness, research and education.

Survivorship increase in our community is our overall goal.

CALENDAR

Weekend to End Women's Cancers

June 5th and 6th, 2010

www.endcancer.ca

Alterna Do It For Dad

Sunday June 20th, 2010

<http://ottawacancer.ca/en/events>

Quest for a Cure

Sunday June 26th, 2010

www.questforacure.ca

Your Money at Work

Fighting Cancer Now and Forever

In 2009, the Ottawa Regional Cancer Foundation granted more than \$4.4 million towards our high impact priorities.

SHORTER WAIT TIMES

\$12 million pledge toward expansion of Ottawa Hospital Cancer Centre and the Irving Greenberg Cancer Centre at the Queensway Carleton Hospital.

ACCESS TO RESEARCH AND NEW THERAPIES

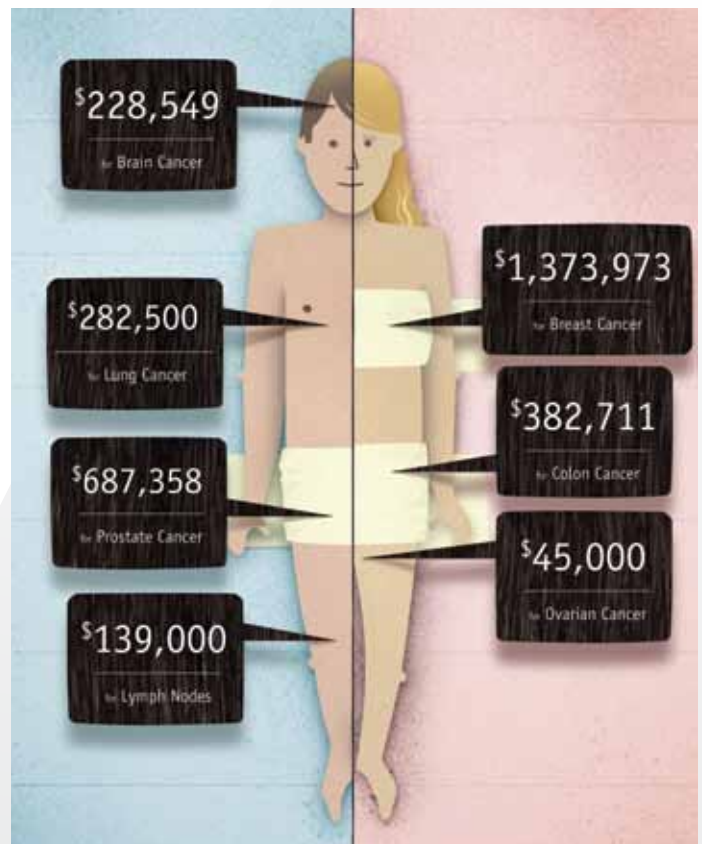
Funding Clinical Trials remains a top priority. New approaches and treatments bring researchers closer to finding a cure for cancer. In 2009, thanks to a generous community, the Ottawa Regional Cancer Foundation committed \$3 million to research.

IMPROVED QUALITY OF LIFE

More people are surviving cancer every year, yet many still succumb to this terrible disease. Through the new Cancer Survivors Park and Wellspring Ottawa, we have increased our effort and commitment as a beacon of hope for cancer survivors and their families.

CARE CLOSE TO HOME

We encourage cancer service development at regional hospitals in Renfrew, Hawkesbury, Winchester and Renfrew, plus partner hospitals throughout the Champlain Local Health Integration Network. By helping fund care throughout the region, we give cancer patients the chance for care closer to friends and family.



“What is the Most Successful Thing You’ve Ever Done?”

When Dr. Roanne Segal's daughter, Rebecca was applying for entrance into Harvard, she impressed the University with her answer to one particular question; “What is the most successful thing you’ve ever done?”

Two years ago her answer would have been quite different. Rebecca was on Quebec's provincial ski team, life was perfect. Things changed and as she composed her response, life wasn't so perfect.

Rebecca was cut by the team she worked so hard to make. Undaunted, Rebecca found a way back, discovering new paths to her goal of competitive skiing. Drawing upon her inherited work ethic, she never gave up. Harvard accepted her application.

Fight adversity. Find success.

Dr. Segal's career as a physiotherapist, competitive skier, oncologist, athlete, mother and physician is a perfect example for Rebecca (and anyone) to follow.

Like the winding roads of the French Alps that Dr. Segal conquered in the 2009 Tour de France, her route toward Medical Director of the Oncology Rehabilitation Program at the Ottawa Hospital Cancer Centre often seemed like an uphill battle.

Dr. Segal had a keen focus for cancer patients since 1990 - to create and maintain an exercise and nutrition program before, during and after cancer treatments.

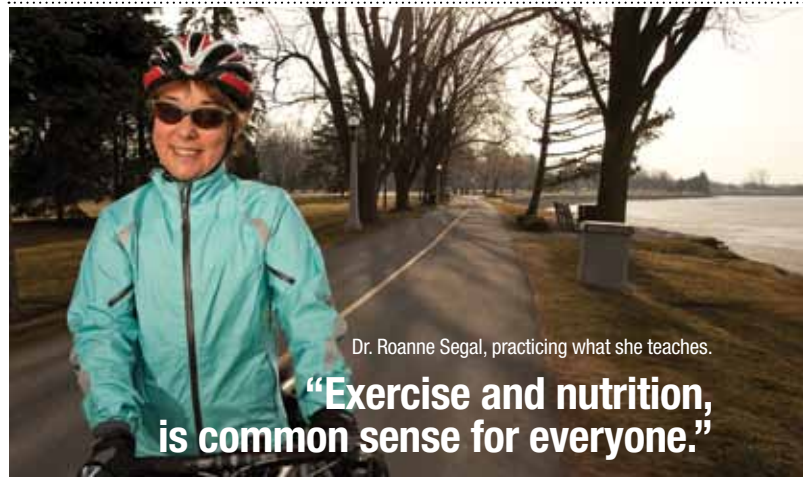
Like many new ideas, setting up a program was met with skepticism, surprising the athletic and active Dr. Segal.

“In the 1990's it was almost heresy to propose exercise and nutrition as an important component of cancer treatment and care. However, even in medicine, sometimes you have to prove things that are really just common sense.”

Dr. Segal went about setting up a gym and nutrition program at the Ottawa Hospital Cancer Centre. Next to her children, it became her life's work.

“I believe in it (exercise and nutrition). I begged, borrowed and stole to make it work. I spent time applying for grants. It was the positive outcomes for the exercise group that kept me going.”

“We had to build the program from scratch. We hired and trained coaches, most from the University of Ottawa medical program. The coaches had



Dr. Roanne Segal, practicing what she teaches.

“Exercise and nutrition, is common sense for everyone.”

to have incredible motivational skills and a detailed understanding of the physiology of breast cancer. They also had to have a solid grounding in the benefits of nutrition and exercise.”

Her work is paying off.

“I think my work and the work of my colleagues contributes to people believing this seemingly simple concept; exercise and eat well...even during cancer treatment”.

What is the most successful thing Dr. Segal has ever done?

“As a mom, I give credit to my parents for raising me the way they did. When I look at the photo of my three children on my desk, I can truly say they are the most successful thing I've ever done.”

However, if you asked the hundreds of cancer patients and their families who thrive under Dr. Segal's care, they may have a different answer.

Dr. Roanne Segal is the Director of Oncology Rehabilitation at the Ottawa Hospital Cancer Centre. She has three active children. Last year, Dr. Segal completed the Tour de France with her husband Dr. Steven Nadler. To read more about Dr. Segal and her work please check out the Spring/Summer Issue of Courage Magazine online at www.ottawacancer.ca.



Supporting the Ottawa Regional Cancer Foundation

Every dollar you share, stays in Eastern Ontario helping people close to home. Every donation is welcome and tax deductible.

Ways to give:

Call: 613.247.3527

Online: www.ottawacancer.ca

Mail: Ottawa Regional Cancer Foundation
704-265 Carling Ave., Ottawa ON K1S 2E1



Yes, Please include my name in the fight against cancer!

Enclosed is my gift of \$50 \$75 \$100 \$_____ (other).

Ms. Mrs. Miss Mr.

Name _____

Address _____

City _____

Prov _____

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Tel _____

Email Address _____

Enclosed is my cheque, payable to Ottawa Regional Cancer Foundation

Please charge my credit card VISA MasterCard AMEX

My Card Number _____

Expiry Signature _____

Charitable Registration #89831117/RR0001 A tax receipt will automatically be issued for any donation of \$25 or more.