

The Answer

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Ottawa Regional Cancer Foundation



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Remembering Glenn Munro

A wife copes with her the loss of her husband – by helping others



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step of their journey, right up to the last email Glenn wrote, just weeks before he passed away.

Glenn's sense of humour can be seen in this excerpt:

"This is an email I hoped I would not have to send. I would have preferred talking and meeting with you individually... I will keep it simple!! After 11 years... the big C has won out. My biggest concern right now is having Terri strong enough to cope throughout this ordeal, but I realize that you and her circle of friends will be there for her. GOD BLESS. Glenn. PS. I have been looking for a GPS (global positioning system) but I have been told by a buddy that I probably don't need it now."

"My husband was a joker till the end," recalls Terri. "So many people came to visit Glenn. One mentioned they were off to a concert at Scotiabank Place, and Glenn said, 'I'm going to go see Johnny Cash.' It took us about ten seconds to realize what he had said, then laughed along with

him... That was Glenn."

Terri and Glenn both enjoyed long careers as educators. Glenn

“ Glenn’s joy was to help people out; that was taken from him. He touched so many peoples’ lives ”

was the principal of many Ottawa schools and Terri was a teacher. Like many teachers, learning seems to be part of their DNA – and Terri was determined to learn as much as she could about Glenn's cancer.

Why? Terri wanted to help Glenn, and was determined to help other families fighting the same battle.

Glenn passed away in December, 2007 yet Terri continues meeting with the Ottawa Colon Cancer Support Group once a month. She attends meetings to give and receive support.

"The support group is what kept him alive for 11 years. You listen to everybody's story. You copy everything down. A sick person has to have someone be their advocate."

Terri was Glenn's advocate. She insisted that Glenn be able to pass his final days in the comfort of their family room watching T.V. and listening to devotional music when television became too much strain. Glenn was always surrounded by friends and family.

Today, Terri is renovating their home and enjoys her and Glenn's two sons and their grandchildren. Life goes on and she misses Glenn terribly. But she knows Glenn did not die without a purpose.

"Glenn's joy was to help people out; that was taken from him. He touched so many peoples' lives; our friends called him 'Neighbourhood Services'. I want to keep this binder, not just for him, but for me. Everything I learn, I pass on to other people."

As they left the doctors that day, there was a pit in their stomachs. Glenn Munro and his wife Terri heard the diagnosis; but they couldn't believe it.

"When the doctor told us Glenn had colon cancer," remembers Terri. "I asked, 'Are you sure?' After all, this happens to other people, but it doesn't happen to us!"

The next eleven years were a rollercoaster. There were times, they thought Glenn had beaten the cancer. Throughout the tribulation, Terri methodically kept notes and chronicled her dear husband's battle with colon cancer.

In a white binder, bursting at the seams, Terri captured every

To learn more about cancer support groups in Ottawa and the Valley, visit our website at www.ottawacancer.ca or call 613.247.3527 and ask for our list of services

Ottawa Support Group – Colon Cancer Association of Canada

Since 2002, the Ottawa Colon Cancer Support Group has provided colon cancer patients and their loved ones a place to seek advice and support. They meet the second Tuesday of every month at the Palisades Retirement Residence on 480 Metcalfe St. For information call Helen at 613.257.1884 or email pbednarp@magma.ca

Don't Take People You Love for Granted.” (Doin’ it for Dad)

A grieving son deals with the loss of his father

David Silverman holds a 4th degree black-belt in Taekwondo. His training and the philosophy of this ancient art has helped him to cope with the biggest challenge of his life.

David owes a lot of who he is to his father Steve. It was Steve who introduced David to the art of Taekwondo as a young boy and it is the values of Taekwondo that helped David to cope with his father’s battle against pancreatic cancer.

“We were very, very close,” remembers David. “He was my best friend.”

Steve’s fight against cancer was shockingly brief. Less than a month and a half went by from his diagnosis until he passed away at only 61 years of age.

“It was my first experience with cancer and with death,” says David. “But even as he was dying, my Dad was optimistic, he never gave up hope.” It is the same optimism and hope that David relies upon as he vows to turn his father’s death into something positive.

“In my Taekwondo classes, I teach kids and adults about goals, dreams and aspirations. Without hope you will never reach your potential.”

David has become a tireless fundraiser for the Ottawa Regional Cancer Foundation. He has organized the **Tae E. Lee Taekwondo** Kick-a-thon and has participated in the Alterna Do-it-for Dad, in memory of his father.

In the past two years alone, David has raised more than \$25,000 to help others going through the same ordeal as his father.

“This is personal for me. Every moment I spent on Do it for Dad was really for my Dad. Having this event refocused me and helped me deal with my loss.”

“Since my father passed away, charity has become a more important part of my life. I was a little worried about fundraising for Do It for Dad - if I could raise enough to make a difference - but the Ottawa Regional Cancer Foundation has everything set-up, the tools were there for me to use and succeed.”

“Whenever I had a problem, I spoke to my Dad. Now I can’t speak with him anymore. I was fortunate to be so close to my dad every day of my life. My message? Don’t take the people around you for granted. Always Do it for Dad. Have no regrets and make sure you leave nothing left unsaid.”



Steve Wasserman passed away on October 6, 2008, just three days after his 29th wedding anniversary and less than two months after being diagnosed with pancreatic cancer. Steve left behind his wife Donna Wasserman and sons David and Shawn. If you wish to support David in his continuing effort to raise money, please contact John Ouellette at the Ottawa Regional Cancer Foundation, 613.247.3527.

Interested in creating your own fundraising event?

The Ottawa Regional Cancer Foundation encourages you to create your own fundraising event in honour of someone you love. We can help you get started with an event of your own or introduce you to the hundreds of fundraising opportunities throughout Ottawa and the Valley. Call Tara Beechey at 613.247.3527 x 228 or visit us at www.ottawacancer.ca and click on EVENTS.

Benny and the Nets

Young hockey goalie beats cancer – nets winning goal in provincial lacrosse tournament



Benny Plots scores the winning goal and his Gloucester Griffins Bantam Lacrosse team wins the provincial lacrosse championships. Two years earlier, Benny is on the operating table at CHEO as surgeons remove a malignant tumour from between his 7th and 8th rib. Benny is 12 years old.

“Mom, it hurts when I lift my arm.” Benny was showing his mother Robyn, a lump he

had discovered on his side, just below his armpit.

“It was October 2nd, 2007,” recalls Robyn. “I remember it like it was yesterday. I called my family doctor, she sent us to CHEO. They did blood work and took x-rays, everything seemed fine. Yet, there was a lump, they could see it. The doctors were baffled.”

(Benny and the Nets continued top of page 3)

(Benny and the Nets continued from page 2)

"I was scared when I heard I had cancer," says Benny.

Within four weeks of his first appointment, Benny found himself preparing for cancer surgery. During recovery, Benny and his mom discovered how many people loved Benny and how lucky they were to have CHEO as their hospital.

Benny's tumour was slow growing and not typically found in children his age. After several hours in the operating theatre, surgeons were confident they removed the entire mass.

Part of Benny's rib was removed and skin from his back was grafted to reduce scarring. Still, Benny will have a lifelong reminder of his scare thanks to a large scar on his right side.

"Before Benny was diagnosed with cancer, we had just bought all his goalie equipment for hockey," recalls Robyn "He managed to play just three games that year before our plans abruptly changed."

Benny is a team player. Thanks to the teamwork of his family physician, the staff at CHEO and a medical system that worked in his favour, Benny was up and running in no time.

"He is an interesting lad," says Reg MacDonald, President of the Gloucester Centre Minor Hockey Association. "The doctors wanted him to sit around. Just after his surgery, there he was, running around the arena."

Benny and his mom will forever be grateful to Reg and his Gloucester Cougars hockey teammates. As Benny recuperated, the league created stickers

with Benny's sweater number – 33 – and held fundraisers in his name.

"They gave half the money to us and half to cancer research. We were able to buy new equipment when Benny was clear to play hockey again," says Robyn.

Robyn, Benny and their entire family are thankful for the treatment and care they received. "I have to thank Dr. Klassen, Dr. Bass and Dr. Major for everything they did. I can't say enough about the people at CHEO," says Robyn.

Today, both Benny and his older brother David, are very active boys. Hockey and lacrosse equipment share space alongside the dining room table. Thanks to his active spirit and the love and care of his family, friends and complete strangers, Benny plans on scoring more winning goals, for years to come.

The Ottawa Regional Cancer Foundation is committed to helping children like Benny. "Through the support of our donors, we are pleased to provide funding to CHEO, Rogers House and the Ottawa Children's Treatment Centre to name a few," says Linda Eagan, President, Ottawa Regional Cancer Foundation. "We are so happy when we hear a success story like Benny's. Our donors are the most generous people in the world, as you can see, their kindness pays off."

Making a Difference

Life Insurance – Have you considered all the possibilities?

As time goes by, your priorities change. You still want to share your good fortune with your loved ones and you may want support the causes and institutions you believe in. You can do both.

The life insurance policy that served you well up until now can take an entirely new shape when you consider a charitable gift. Whether an existing or a new policy, it can help you set and achieve your philanthropic goals.

Just as there are many types of life insurance, there are many ways you can take advantage of existing tax laws to protect the value of your estate, while making a charitable gift to your favourite charities.

If you would like to explore a life insurance gift to the Ottawa Regional Cancer Foundation tailored to your circumstances and interests, please contact Lucie Châtelain, Director of Gift Planning 613-247-3527 lchatalein@ottawacancer.ca

Join the Rally!

Go Public in the fight against cancer

The Ottawa Regional Cancer Foundation is joining forces with Global Leadership Forum for Cancer Control and Coast to Coast Against Cancer Foundation to put the spotlight on cancer awareness.

Be part of a growing global community of concerned citizens, dedicated to cutting the rate of cancer deaths by as much as half in one generation!

Let cancer patients, professionals, families, researchers and grassroots organizations know you stand behind the growing global community support.

- Thursday, September 24th, 2009
- 10:30am to noon
- Major's Hill Park

Join the Barra MacNeils – Canada's most popular Celtic group – and other special guests, for a non-partisan, non-political rally in support of citizens everywhere committed to controlling cancer.

Better Cure Rate – Less Long Term Complications

Ottawa Doctor leads the way in both research and practice



Dr. Laval Grimard

“This job is for optimists,” says Dr. Laval Grimard MD, FRCPC Head of Radiation Oncology at the Ottawa Hospital Regional Cancer Centre. “I have

good days and bad days. The goal is to have the good outnumber the bad.”

Dr. Grimard is determined to improve the quality of life of cancer patients and has been ever since he changed career paths in 1983.

“I was a family doctor for a few years,” he recalls. “I made a conscious decision to choose radiation oncology as my specialty. It was the right choice at the right time.”

As it turns out, it was the right choice for thousands of cancer patients world-wide who have benefitted from his unyielding quest for the best way to treat specific forms of cancer.

Dr. Grimard moved to Paris where he learned under the watchful eye of Dr. Bernard Pierquin, a pioneer of modern brachytherapy.

“He gave me the fever to learn more. He said, ‘Laval, I want you to go home and make brachytherapy known in Canada.’ He was my mentor.”

Dr. Grimard is humble about the advancements he himself has helped pioneer in Canada as part of the Cancer Centre staff.

“What I’ve been doing is improving quality of life.” With interests in paediatric radiation oncology, breast cancer, gastro-intestinal and head and neck cancer, Dr. Grimard sole purpose is to improve the lives of his patients.

“We developed a way to implant a permanent colostomy for elderly patients,” he says. “It is a small operation and reduces the risk of mortality in patients over 80 years of age.”

As he gently puts it “We treat people, not cancer. You can’t see cancer as a disease, it affects the individual.”

The Ottawa Regional Cancer Foundation is pleased to provide more than \$250,000 in grant money to Dr. Grimard and his team. With that money, they have been able to explore Dosimetric (measuring radiation absorption) comparisons of brachytherapy prescriptions, specifically to study dose specification and the Paris system – founded by his mentor Dr. Pierquin.

“The work we are doing wouldn’t be possible without the grant.”

When asked what keeps him going in his research and his practice, Dr. Grimard thinks for a moment and responds with gentle assuredness;

“The bad days still affect me. But the cure rate is going up. Integration and treatment is better. Most patients are so nice. Even when it doesn’t work out, they are nice. They are optimists.”

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