



LIVING WELL

Stories of How YOU are Changing and Saving Lives.

FALL 2021



GRATITUDE REPORT

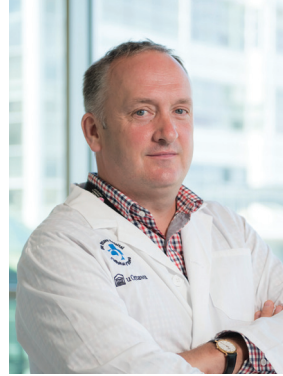
Fall into Gratitude

You are helping to revolutionize cancer care.

How you're helping rethink cancer trials

The Ottawa Hospital's REaCT (Rethinking Clinical Trials) program aims to improve the lives of people with cancer through patient-centred, pragmatic clinical trials. Patients and their loved ones are engaged in research every step of the way, from coming up with ideas to designing studies and sharing results.

REaCT trials focus on regularly used cancer treatments, often comparing multiple common treatments in a real-world setting to evaluate efficacy. These studies are designed to make it easier for patients to participate, cutting down on lengthy paperwork and the number of necessary hospital visits.



"We must not be complacent. We must continue doing research that improves the outcomes of our patients."

- Dr. Mark Clemens

Based in The Ottawa Hospital, REaCT has now become one of the largest clinical trial programs in the country, with over 3,000 patients participating in studies at 15 centres across Canada.

REaCT results have already helped change and shape cancer treatment practice around the world – answering important questions for patients, their loved ones and the healthcare system. This is one puzzle piece in a larger journey to revolutionizing cancer care... And with your help, we can get there sooner.

Thank you for making these kinds of innovations possible through your support of the Ottawa Regional Cancer Foundation.

Celebrate with us!

10 Years at the Maplesoft-Jones Centre for Cancer Survivorship



A true hub for community, the Ottawa Regional Cancer Foundation's main building hosts a number of essential services. In honour of two long-time Champions of local cancer care – the Maplesoft Group and the Jones Family – it was recently renamed the Maplesoft-Jones Centre for Cancer Survivorship.

Here's what you've helped accomplish over the last decade!



4,389 clients including **survivors and caregivers** supported by the Cancer Coaching program



Workshops to support survivors and caregivers through the **challenges of a cancer diagnosis** and beyond



A warm and welcoming space for **peer groups to gather and support** one another



Services to **support patient wellbeing** - from exercise to nutrition, a dry sauna and Reiki



Cancer Coaches to support patients and their loved ones **gain back control of their wellbeing**

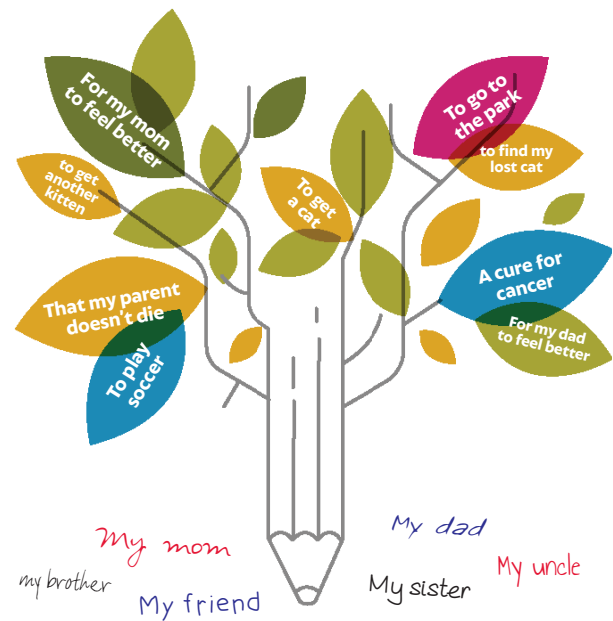
You help kids adjust to the realities of cancer

Thank you for making vital programs like CLIMB® available to our community.

Recognizing the need to support kids whose loved ones are living with cancer, the Ottawa Regional Cancer Foundation is proud to offer CLIMB® (Children's Lives Include Moments of Bravery) to children 6-11. Because of your support, CLIMB® is available to any young person who needs it at no cost.

These group sessions use conversation and art to help children recognize and express the complex feelings associated with a loved one's illness. At a recent CLIMB® session, Cancer Coach Melina Ladouceur led the group in a virtual exercise to create a "Tree of Hope". Together, participants identified the things they hope for (tree leaves) and the people who inspire them (tree roots).

For these children to realize that their loved one, who is facing cancer, is their hero is such a wonderful gift. Thank you!



The Tree of Hope:
the leaves are the children's hopes,
and the roots are their heroes.

A Decade of Giving Back

You help make these kinds of educational opportunities available for cancer patients in need.



Ella Forbes-Chilibek has been sharing her expertise with Cancer Coaching clients for nearly 10 years. A popular, returning guest speaker on the subject of Rebalancing Life and Work After Cancer, Ella is a lawyer who specializes in employment, human rights and disability-related issues.

"When our clients know their rights, they're better able to make informed decisions and choices for themselves and plan for a successful return to work," explains Cancer Coach Melina Ladouceur.

"I came to be involved with the Cancer Foundation because of Annie, who cancer took from us many years ago. Her enthusiasm, her positivity, and her sheer joy helped me to learn the real gift of giving what is yours to give without conditions or expectations. Anything I have given to this program has been returned to me tenfold."

The power of one + YOU

Justin Nowak is one of **136 donors** who gave **\$50** to the Ottawa Regional Cancer Foundation last month. That's **\$6,800** per month total, or **\$81,600** per year! That's how your contributions add up to progress in cancer care.



"Two people dear to me have had to deal with cancer; my mother who has since recovered, and my spouse's best friend who sadly passed in 2017 after a long battle. Seeing them both battle cancer made me feel powerless. I chose to donate because it gave me the power to fight back when I felt helpless."

How you're making a difference through Cancer Coaching

When Jennifer Hollington was diagnosed with ovarian cancer, she knew she wanted to take control of her cancer journey - calling her time off work "health leave" instead of "sick leave". Encouraged by friends and family to find a Coach to help her along, she reached out to the Ottawa Regional Cancer Foundation.

After registering for the Cancer Coaching program, Jennifer was able to speak with a Cancer Coach within a week. "I felt immediately at ease, confident that the conversation would go no further than the two of us," she recalls.

Jennifer appreciated the opportunity to share her story

with an empathetic individual, and discuss next steps for conversations with her oncology team around the prevention of breast cancer in the future in addition to treatment of her existing ovarian cancer.

"My Coach can provide support, education, practical guidance and navigation assistance to help me meet my health and wellness goals and improve my quality of life," Jennifer says.




Your support of the Ottawa Regional Cancer Foundation makes these kinds of valuable supports for cancer patients possible.



"What struck me most was how valuable it is to talk with someone who specializes in supporting people with cancer. My Coach has helped me to understand the repercussions of cancer on both our bodies and our minds. Recovering from cancer is not like recovering from another health ailment." jenesis.postach.io



Ways to give:

-  **Mail in your gift** using the envelope provided
-  Give securely online: ottawacancer.ca/livingwell
-  Donate by phone at: **613-247-3527**
-  Make a tribute gift in honour or in memory of a loved one online: ottawacancer.ca/tribute-giving

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