



Cancer changes lives, but so do you.  
How Fight for the Cure is changing the cancer story.

Cancer Coaching Services  
2018 Report





## Take a look around you.

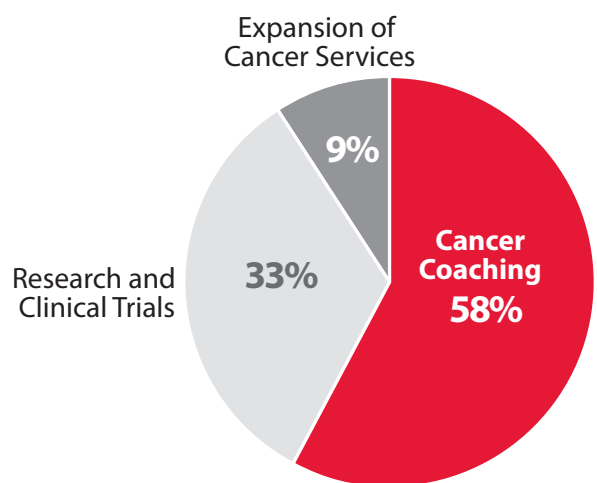
**Think of your family, your friends, your colleagues. Someone you know has cancer. And you choose to fight for them. You choose to be their Champion.**

Because of that, because of your support of Cancer Coaching services through the Ottawa Regional Cancer Foundation, families throughout the region have hope. Hope that their symptoms can be controlled, hope that they can live well in spite of the challenges of cancer, hope that their families will get through this.

**Cancer changes so many lives, but thankfully, so do you.  
This is the story of how YOU have changed their lives.**

You belong to an incredible family of more than 13,000 donors. Over the past year, you've come together and given **\$4,592,303** to support families facing cancer through local research, clinical trials, and Cancer Coaching services.

*Cancer Coaching is a local, innovative healthcare service that helps individuals with cancer and their families focus on what matters most to them. Working with a Cancer Coach, they build a personalized action plan and develop the skills, knowledge, and confidence to take charge of their disease.*



Thanks to caring folks like you, more than 3,067 families have benefited from Cancer Coaching. Here's what they have to say:



“ I went to see Cancer Coach Patti to get help with my anxiety, and to get answers to questions about returning to work, intimacy after chemotherapy, and also fear of recurrence. Patti has been amazing. She is a sympathetic ear, a trusted confidante, and a great resource for information. ”

– Tracy Holmes



“ Thanks to my experiences with Cancer Coaching, I don't have as many sleepless nights where I worry about my cancer or feel like my life is spinning out of control. I no longer feel alone. I have a community who understands and walks with me. ”

– Dan Chook Reid



“ After treatment, I felt lost, abandoned and confused. I was sent to check out Cancer Coaching and they saved my life. I was given tools, encouraged to create goals, challenged to get my new life in order. I wouldn't be coping if it weren't for our Cancer Coaches. ”

– Karen Beverly Cowley

## Fact

**You want what's best for local cancer care, and so do we.**

That's why we launched our Client Advisory Forum this past year, a group of dedicated volunteers and former Cancer Coaching clients who provide insight on the diverse needs, perspectives, and priorities of cancer patients, survivors, and their families. Together with the Forum, we're working to improve the client experience and ensure our services meet the needs of families facing cancer.



## Did you know?

**Your donation is precious, and we ensure it goes towards helping your friends, neighbours, and colleagues who are touched by cancer by keeping our costs low.**

We rely on a large team of volunteers to help us sustain Cancer Coaching services in our community. Just this past year, our volunteers clocked in 1,445 hours at the Cancer Foundation's Maplesoft Center.

Charlynn MacCharles, one of the Cancer Foundation's Cancer Coaching clients, shares her story with you.



*“By focusing on ‘What can I do?’, I felt a sense of empowerment.”*

A week before my 40th birthday, I was diagnosed with breast cancer. Immediately I thought about my two daughters. I was trying to figure out what this meant for them, and my husband, and my family.

Cancer doesn't care if you're too busy to deal with a health crisis. On my way home from the doctor's office that day I needed to pick up my daughter at the bus. She still needed supper prepared. My oldest daughter needed help getting ready for her Grade 6 graduation. My clients at my counselling practice still needed support.

I needed to start finding ways to manage difficult emotions, do research, break the news to family members, and make plans with my doctors. It was all very overwhelming.

Cancer Coaching became part of my support network, and I was thankful to have it in my recovery plan.

Bonney, my Cancer Coach, took the time to learn about my particular reaction to my cancer diagnosis and my natural direction. She helped me look at my situation and ask “What can I do?”, and to let go of the things I couldn't control. By focusing on “What can I do?”, I felt a sense of empowerment.

Together we created a Wellness Plan: to slow down and achieve more balance so that I could get well and be that solid foundation to others that I had always been. I reduced my hours at my practice. I made time for yoga, meditation, my gratitude journal, and exercise.

When you have cancer, it takes support from many, many individuals and community organizations. And one of the very helpful aspects of my support network was Cancer Coaching. It gave me a sense of control and balance through it all.

**Thank you so very much for making Cancer Coaching available in our community!**

# You've given those living with cancer easier access to more support, for themselves and for their families.

Cancer can be overwhelming, from diagnosis through treatment and into recovery. But because of you, it doesn't have to be.

Here's what your support has done for local families facing cancer:



## One extra full-time Cancer Coach

Nasser joined our team as a part-time Cancer Coach, but with your support, he's now coaching those facing cancer and their caregivers on a full-time basis, so more families can get the help they need.



## Three new Cancer Coaches

As the innovators of Cancer Coaching in Canada, and thanks to our generous donor base, the Cancer Foundation established a Cancer Coaching training program in 2016.

Thanks to you, the first cohort of Cancer Coaches in training just completed their practicum. These new Cancer Coaches will be available to patients, survivors, and their caregivers at our community partners: the Winchester Memorial District Hospital, the Ruddy-Shenkman Hospice in Kanata, and the Maison de L'Est in Orleans.



## Access that's easier, and closer to home

Because of your generosity, our Cancer Coaches are now working throughout the greater Ottawa region, from Winchester to Kanata, Vanier, Orleans, and Clarence-Rockland.

Why? Because cancer comes with many barriers, but accessing the right support shouldn't be one of them.

# Three new ways to take control of cancer, thanks to you.

Together with you and the support of other caring donors, we've been able to meet the specific needs of families facing cancer by developing three new Cancer Coaching initiatives:



## After the Bell

The 2-day workshop addresses the needs of women who have completed their cancer treatments to help them live well and find a "new normal" after ringing the final treatment bell. It was piloted in 2016, and will be offered 2-3 times a year to meet demand.



## Grounded

Eating right to lower the risks of recurrence or to help manage symptoms is a priority identified by many people facing cancer. Thanks to you, we've been able to develop Grounded, a nutrition program run by our Nutrition Coach, Emily Fitzgerald, RD. Grounded offers one-on-one Coaching and workshops both for survivors and for anyone looking to eat well for cancer prevention.



## Career Change and Cancer

Cancer can change an individual's priorities, or even those of their family, including on the career front. Clients often wonder what that career change might look like, and how to make it happen. This interactive workshop is now available to help answer those questions and more.

## Did you know?

Every person looking to take control of their cancer has access to five hours of complimentary Cancer Coaching—all thanks to YOU.

## Fact

**Cancer can mean countless visits to the hospital and other community services.**

That's why Cancer Coaching is also offered over the phone, to help make the cancer journey easier. In fact, our Coaches have had 305 Coaching sessions by phone in the last year.

# Your support changed Denis's life – and the lives of many survivors to come!

*We sat down with Denis Raymond, a survivor and a Cancer Coaching client at the Cancer Foundation, to chat about your impact on his life.*

**Q:** What first brought you to the Cancer Foundation?

**A:** I'm afflicted with an incurable and life-limiting type of cancer, so I was faced with issues related to living with uncertainty: feeling alone and having no sense of control over my situation. On one of my many sleepless nights scouring the internet for resources, I found the Ottawa Regional Cancer Foundation.

**Q:** How have our donors helped you take control of your cancer?

**A:** The donor-supported programs I attended at the Cancer Foundation were incredibly impactful.

I met with a Cancer Coach, and together we developed a realistic plan regarding my health and wellbeing, which allowed me to regain some sense of control. My Coach connected me with support groups that have been instrumental in addressing my emotional and social needs. I've since adopted new practices through meditation and nutrition workshops that I use to this day.

I was also able to access an innovative clinical trial that's available thanks to the funding provided by donors to the Cancer Foundation. If it weren't for these donations, I'm convinced that I would have quickly succumbed to my cancer; instead, I'm pursuing a second Masters and a new career, with no signs of stopping.

**Q:** Speaking of new careers, you've recently completed a practicum as a Cancer Coach. Why did you choose that path?

**A:** I've always wanted to help people grow and overcome challenges, which is why I was drawn to my first career as an educator. But my diagnosis brought me down a very different career path. It brought me into the world of cancer care, and into the hands of very capable healthcare practitioners including, of course, Cancer Coaches.

I was so moved by the excellent care I received that I was inspired to enroll back at school to pursue a Masters of Social Work, and do a practicum as a Cancer Coach at the Cancer Foundation. I'm hoping that I can eventually become part of that world—part of the team that inspired me so much.



*Denis Raymond is thriving today (and full of humour!) in spite of his initial brain cancer diagnosis thanks to the support he found in Cancer Coaching, a service made possible by you.*

They say that every story has a hero,  
but this story has two:

Those who are facing cancer, and the  
Champions who help them.

**YOU are their Champion.**

You make it possible for people to face cancer with hope and confidence.  
You give them the chance not simply to survive, but to thrive in spite of cancer.  
Your gift from the heart has touched many more hearts.

**Thank you!**

For further information please contact:

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The Ottawa Regional Cancer Foundation is committed to helping families who are touched by cancer by improving local cancer care, providing unique programs and helping extend lives by bringing new and innovative treatments to our community through local clinical trials and research.