



*"I hope you will enjoy this newsletter. As a gynecologic oncologist and a board member of the Ottawa Regional Cancer Foundation, I see the impact donor contributions to the Cancer Foundation make every day. I see it in the access my patients have to clinical trials and promising new treatments. And I see it in the peace they find – their ability to take care of their whole selves – thanks to Cancer Coaching."*

Dr. Wylam Faight, BSc, MD, FRCSC, CPE  
Board of Directors Member, Ottawa Regional Cancer Foundation

## Reaching out to every person in Ottawa

### How one volunteer is changing the way multicultural communities view and manage cancer

The presentation at a local mosque is over and Yousif Makkawi, a Community Ambassador with The Ottawa Regional Cancer Foundation's Outreach Program, stays behind to greet the attendees. The things they tell him mean the world to the kind-hearted volunteer, *"I know this person with cancer. I'm going to call him and tell him to go for Cancer Coaching,"* says one man. *"I'm going to use these cancer prevention ideas in my house with my family,"* promises a young mother.

"It happens at every event," says Yousif. "Three or four individuals approach me after the presentation and tell me how the information will make a difference in their life. Many are surprised to learn that free, culturally-sensitive Cancer Coaching is available to them here in the community."

Promoting the Cancer Coaching Program among culturally and linguistically diverse community groups in Ottawa was a recent goal of the Cancer Foundation. Thanks to the generosity of donors like you and grant support from the Ontario Trillium Foundation, volunteers like Yousif were able to reach out to these communities to help dispel fear and common myths about the disease.

***"Many are surprised to learn that free, culturally-sensitive Cancer Coaching is available to them here in the community."***

*"You can be infected by someone else...you get cancer, you die...cancer is always painful..."* These are some of the common myths we expose," Yousif explains. "The outreach program helps people see cancer potentially as any other disease. It changes the way people think about cancer. And, it lets them know they can get help if they or someone around them is diagnosed. That's the message we deliver."

Between May and December 2015, Yousif personally delivered our message to hundreds of people in the Muslim,

Arabic-speaking and Sudanese communities. Meanwhile, his fellow Ambassadors were building relationships in many other communities in Ottawa as well. In addition to organizing and hosting presentations, these dedicated volunteers attended cultural events across the region, manning booths and tables, handing out flyers and sharing information.



"Hundreds of people came by to listen and take a brochure," says Yousif. "I believe this awareness has made a difference in these communities. They can do more to protect themselves because they have a better understanding of cancer. They discovered how and where to get help."

As a result of the hard work and commitment of Community Ambassadors like Yousif, there has

been a significant increase in the number of culturally and linguistically diverse clients accessing the Cancer Coaching Program. Once inside our doors, people of all cultures have access to brochures and videos in their own language, a Multi-Faith and Meditation Room, and our Understanding Cancer Workshop, developed specifically to address the needs of individuals within these communities.

**"I want to thank everyone who donates to the Cancer Foundation and helps provide these important services,"** says Yousif. **"Your donations are being felt and making a difference right now. They're affecting lives directly on a daily basis."**

We were very proud to present Yousif with the Outstanding Volunteer Award 2016 on April 12<sup>th</sup> for his commitment and dedication to improving lives in our community.

If you believe you or someone you know would benefit from learning more about the Cancer Coaching services offered at the Ottawa Regional Cancer Foundation, you can call 613-247-3527 to register or learn more: [www.ottawacancer.ca/how-can-we-help-you/cancer-coaching/multilingual-interpretation/](http://www.ottawacancer.ca/how-can-we-help-you/cancer-coaching/multilingual-interpretation/)

# A Legacy of Hope

## Drew found strength and comfort in knowing his gift would help others

The news was devastating.

After living cancer-free for five years, Drew Lyall's melanoma had returned. This time it had metastasized to the bone. "He went into treatment but we knew we were just buying time to line up potential drug trials," says Suzanne Loch, Drew's wife. "Drew's cancer was very aggressive and it outraced us."

Sadly, Drew passed away on January 16, 2016, just a few days shy of his 50<sup>th</sup> birthday. But before he died, the 49-year-old father of two did something that demonstrated his unbridled passion for helping others facing cancer. He created a legacy fund and ensured its successful beginnings by leaving a \$14,000 bequest in his will. As he wrote, "My own story, although the end is not what I had hoped, still left me with so much belief and faith in what can be done."



*Pictured (above) are Drew, Suzanne and their children at Arthur's Seat in Scotland in 2014.*

was to push forward cancer research and the clinical trials that show such promise, using the body's own mechanisms to defeat cancer. He had a vision to start the ball rolling that would continue long after he was gone."

It was this passion that led to Drew's generosity. He wanted others to benefit from ongoing research just like he had. "The treatment did extend

Drew's life," Suzanne says. "We were standing on the shoulders of others who had found it in their hearts to give. A legacy gift was our opportunity to keep the momentum going and the research moving forward."

Suzanne is grateful to every person who donated to Drew's Legacy Fund. She hopes others will be inspired by Drew's passion and leave their own mark in the world, and in the hearts of those touched by cancer.

"A legacy gift is a way to do something meaningful," she says. "With a gift in your Will, you still live on in helping others. You create something that's a living force."

On October 6th, 2016 at 4:30pm, we will be recognizing Drew's generosity and commitment with a ceremony unveiling a plaque in the Atrium of the Ottawa Regional Cancer Foundation in his memory. All are welcome to attend.

For more information about leaving a gift in your will, or if you plan to attend the unveiling, please contact: Marianne Loken at 613-247-1920 ext. 263 or [mloken@ottawacancer.ca](mailto:mloken@ottawacancer.ca)

You can also visit: [www.ottawacancer.ca/plan-your-legacy](http://www.ottawacancer.ca/plan-your-legacy)

***"A legacy gift is a way to do something meaningful. With a gift in your Will, you still live on in helping others. You create something that's a living force."***

Drew's belief and faith was most evident in his work with the Ottawa based BioCanRx, a consortium he helped to found focused on further developing new cancer biotherapeutics such as oncolytic viruses, immunotherapy and antibody therapies.

"Drew had so much passion for research, the way cancer treatment was taking a new turn," says Suzanne. "His hope

# VISIONARY CIRCLE

Leaving a Legacy of Hope

## Your future bequest will change lives by giving hope to local families touched by cancer.

To start the conversation about how you can create your legacy of hope and join the Cancer Foundation's Visionary Circle, please contact **Marianne Loken, Director of Development** at [mloken@ottawacancer.ca](mailto:mloken@ottawacancer.ca) or 613-247-3527 ext. 263.

## YOU CREATE HOPE FOR LOCAL FAMILIES

Your generosity gives hope to thousands of families in our community. This past year, you empowered more survivors, increased access to personalized treatment and enabled integration and continuity of care. We are grateful to all our 16,750 donors who gave nearly \$5.5 million to support local cancer care in fiscal year 2015-16. Every dollar you gave stayed in the community to help local patients, survivors and their loved ones.

Your support meant that families could reach out for Cancer Coaching, patients had access to the latest treatments through clinical trials and researchers advanced their understanding of how cancer can be stopped. You also helped us partner with local hospitals and other care providers to expand local cancer services in the region so everyone can access the best care, close to home.

Thank you for giving hope!

Cancer Coach Mélima Ladouceur meets with a client.

Personalized, professional Cancer Coaching addresses the navigational, educational, supportive and practical needs of people living with cancer. Through coaching, individuals become more active in their health and wellbeing.



## YOUR DOLLARS AT WORK IN OUR COMMUNITY 2015-16

**52%**  
Cancer Coaching  
\$1,529,003

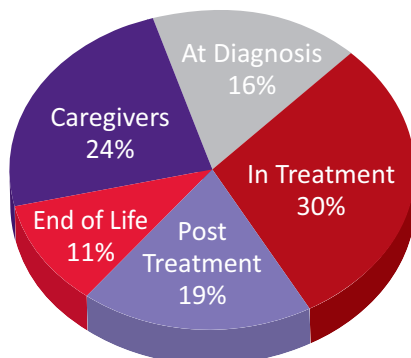
**38%**  
Cancer Research  
and Clinical Trials  
\$1,123,998

**10%** Expansion of  
Local Cancer Services \$298,930

The financial information above is preliminary and subject to adjustments and modifications. Audited financial statements will be available later in the year.

## You've helped families find support and take control of their cancer through Cancer Coaching

Cancer Coaching is used by patients, survivors and their families at various points, depending on their needs.



Cancer Coaching only exists because of the support you provide as donors. Over the past five years, the Cancer Foundation has become a very busy place. **In fact, clients visited the Cancer Foundation's Maplesoft Centre 8,730 times last year** to receive crucial guidance, tools and resources that help them and their families to better manage the stress and trauma associated with cancer and improve their quality of life.

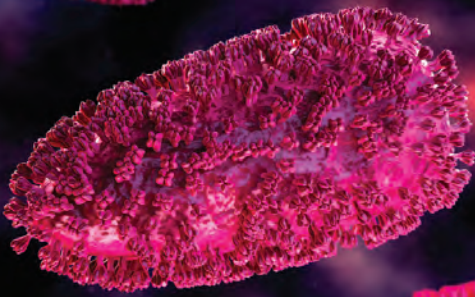
**You improved the lives of those facing cancer; since taking part in Cancer Coaching, 87% of our clients report their quality of life had improved.** With new Wellness Workshops, a multicultural initiative, and brain fog certification for our Cancer Coaches, those who are living with cancer now have access to more resources that are just right for them. We're also working with various health partners on a new certification program that will help expand Cancer Coaching across the region.

# Your support of research and clinical trials gives local patients new treatment options

You help to fund local research from which new therapies are developed and, in turn, advanced through clinical trials. Thanks to the strong support of our community, Ottawa has emerged as a centre of excellence for both research and clinical trials, often being chosen first to open new clinical trials.

You've helped give more than 1,500 local cancer patients access to potentially life-saving treatments each year through clinical trials. With over 200 clinical trials running in our community and up to 40 new trials opening each year, the strength of our clinical trials program is vital to both patients and researchers. You also helped to open trials at the Irving Greenberg Family Cancer Centre at the Queensway-Carleton Hospital. In addition, **your support of local clinical trials helps leverage \$4 - \$5 million of investment in specialized drugs that wouldn't otherwise be offered to patients.**

The Maraba virus is a rhabdovirus and has a bullet-like shape.



FACT:

The Maraba virus was discovered in sandflies in the Maraba region of Brazil, and has been engineered to seek out cancer cells and do two things: as an oncolytic virus, it replicates inside the cancer cell and destroys it, and it also triggers an immune response that recognizes the cancer as a threat.

## Immunotherapy: Harnessing your immune system to kill cancer

One year ago immunotherapy treatments were virtually unavailable. Today it's one of the areas that have recently seen great advancements and has researchers and doctors alike excited. Immunotherapy drugs activate a person's immune system to destroy cancer cells. **Your support has brought to our region clinical trials that use immunotherapy drugs, promising treatment options for melanoma patients and other difficult to treat cancers. Immunotherapy is a major step forward in cancer treatment and is extending the lives of those living with some of the most deadly forms of cancer.**

## Oncolytic Viruses: Out of the lab and into clinical trials

Local researcher Dr. John Bell and his team pioneered the development of oncolytic viruses over a decade ago supported by donors to the Cancer Foundation. Now Ottawa is a hub for a number of local researchers who work with oncolytic viruses to understand how they can be used in new cancer treatments. **This past year, a "First-In-Human" oncolytic trial began, called the Maraba Trial.** The Maraba trial is the world's first clinical trial of its kind that uses a combination of the Maraba virus and an adenovirus, designed to kill cancer cells and create an anti-cancer immune response. And, as Dr. Bell's lab has a specialized "Good Manufacturing Practices" (GMP) facility to manufacture oncolytic viruses for clinical use, **Ottawa is manufacturing the Maraba virus for the local trial here and for three other trial sites across Canada.**

An Ottawa-based researcher runs tests to assess how specific viruses can be used to fight cancer.



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