

Cancer Coaching Helps Lisa Find a New Work-Life Balance

Lisa Yull has always put her loved ones first. As a single mom with two teenaged daughters, her girls are always her first priority. This life-long habit continued even after she was first diagnosed with colon cancer.

Her initial diagnosis of colon cancer came just before Christmas 2010. It was difficult news but she wanted to be strong for her girls, so she delayed starting treatment until after the holidays. When her cancer reoccurred four years later and surgery was scheduled for December 2, she prepared every aspect of the holidays in advance so her daughters wouldn't miss out.

And Lisa attempted to put others ahead of herself when she returned to work with the RCMP. However, it was a bigger challenge than she expected. A month after she returned, she realized jumping back into full-time work was too much.

"All of the effects of cancer seemed to hit on mass. It just seemed like everything crashed down at the same time." She says.

While physical recovery was difficult, the mental hurdles were just as challenging.

By chance Lisa drove by the Ottawa Regional Cancer Foundation. She remembered the help she received there after her first diagnosis. Lisa knew right then what she needed to do. She set up an appointment with a Cancer Coach.

"My Coach challenged me to look at setting goals for myself, as opposed to setting goals for everybody else. I'm very much about making sure that everybody else is okay, and forgetting about me." Lisa says. "But if I don't take care of me, I'm not going to be able to take care of anybody else." Through coaching, Lisa learned the importance of slowing down and making herself a priority.

My Coach challenged me to look at setting goals for myself...



At her Coach's suggestion, Lisa joined the Cancer Foundation's *Work and Cancer Survivorship* program, designed to help navigate the physical and mental challenges of returning to work after cancer treatment. In those sessions she not only received support from the Cancer Coaches, but gained understanding from other survivors who had made the transition back to work.

"I used to wear the business suits, the high heels and the nylons, and I can't do that anymore. When I mentioned this to the group, a woman said, *me too!* And it was right away we discovered this connection, this commonality. It's a silly thing, but it really isn't."

Lisa has since adopted a more gradual transition back to her workplace, and with the support of her employer and colleagues, is doing it on her own terms.

"My folks at the RCMP are fabulous, they're making the accommodations that I need."

The Cancer Foundation's Cancer Coaching programs are only possible with the support of generous donors like you. Thank you for giving clients, like Lisa, the guidance and resources they need when faced with cancer.

Lisa's attitude is that moving forward – in work and in life – often just means managing things with a new perspective.

"I strive, I thrive, and I live well – I just live differently."

See the Difference Cancer Coaching Makes

“Cancer Coaching is something in Ottawa that’s really helping people with their day-to-day lives.”

– Lynn, Client

Our Coaches help individual clients and their families with what matters to them. Be it dealing with stress, mood and emotions, to caregiver support, to connecting clients with resources in our community, our Cancer Coaches are there to listen and provide guidance.

Without your support, Cancer Coaching would not exist in our community. We survey clients each year to find out about their experience with Cancer Coaching and so we can further develop our programs to fit our clients’ needs. We’d like to share with you a few of the results from our latest client feedback survey.

93% agree that they are better able to keep themselves as healthy as possible

90% agree that they are better able to help themselves, have a voice and are heard

87% agree that their quality of life has improved

86% agree that they are better able to cope with cancer

(Source: Cancer Coaching Client Feedback Survey; August 2015)



Cancer Coach Bonney Elliott spreading the word on World Cancer Day February 4, 2016.

“Going to the Ottawa Regional Cancer Foundation was a lifeline for me and for my whole family.”

– Beverley, Client

Could you or someone you know benefit from Cancer Coaching?



If you have been diagnosed with cancer, or support a loved one who is facing cancer, you can register for Cancer Coaching by contacting us at 613-247-3527 or via email at info@ottawacancer.ca.

Cancer Coaching is offered without a medical referral and each person can access up to five hours of Cancer Coaching thanks to the generosity of our donors like you.

Learn more about Cancer Coaching by visiting www.ottawacancer.ca/CancerCoaching

Thank you for your support



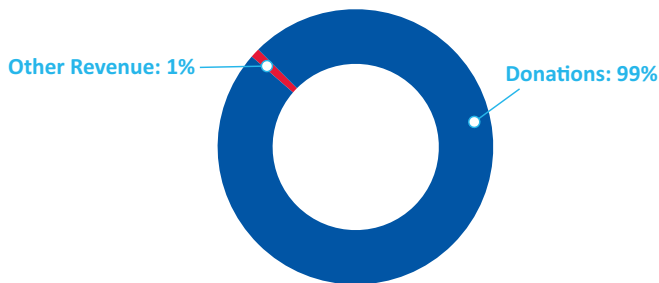
Report To Community

Fiscal Year 2014-2015

Your Impact on Local Cancer Care

The Ottawa Regional Cancer Foundation is committed to families who are touched by cancer. Together with you, we aim to improve local cancer care, provide unique programs like Cancer Coaching to our clients and help extend lives with new and innovative treatments brought to our community through local clinical trials and research. We could not do this without you. **We thank each and every one of our 17,128 donors during fiscal year 2014-2015 who supported these goals with your gifts totaling \$6,118,437.** You bring hope to families facing cancer in our region and you are having amazing impact.

Where our support comes from

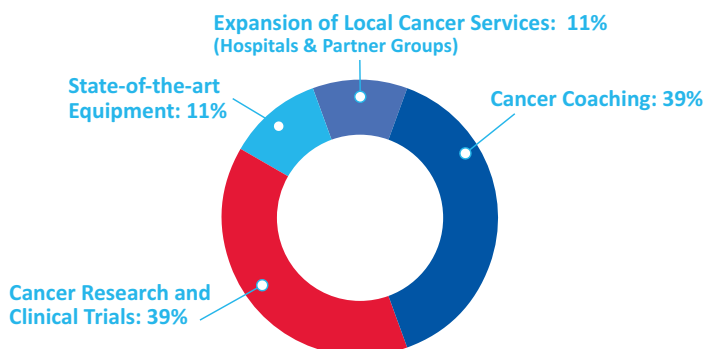


Donor support is vital

We rely on you, our donors, for 99% of the funding for Cancer Coaching, local clinical trial, research and expansion of local cancer services along with state of the art equipment. **And, every dollar you give stays in our community helping local families touched by cancer.**

Your dollars at work in our community

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|---|-------------|
| Cancer Research and Clinical Trials: | \$1,286,760 |
| Cancer Coaching: | \$1,297,890 |
| Expansion of Local Cancer Services: (Hospitals & Partner Groups) | \$383,231 |
| State-of-the-art Equipment: | \$380,460 |



You made possible \$3,348,341 of LOCAL IMPACT

Empowered more survivors

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| 2,611 Families Helped to Date Through Cancer Coaching | 446 New Clients in 2014-2015 | 1,667 Hours of Cancer Coaching |
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Increased access to personalized treatment

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| 2,000 Patients Given Access to 200 Local Clinical Trials | 40 New Clinical Trials Opened Each Year | 10 Grants Made to Local Cancer Researchers |
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Enabled integration and continuity of care

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| Support of of Queensway-Carleton's Irving Greenberg Family Cancer Centre | Continued funding of DiVinci Robot and CyberKnife equipment | Support of renovations at Bruyère Continuing Care |
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Thank you!
Your support touches many lives



*Dr. Hartley Stern, Chair,
Cancer Champions Campaign*

CAMPAGNE DES
CHAMPIONS
CAMPAIGN

Having cared for patients for over 30 years, early on as a surgeon at The Ottawa Hospital and later as CEO of the Ottawa Regional Cancer Centre, I've seen how challenging cancer is for both patients and their families. If you are one of the many of us who have been personally touched by cancer, you know a cancer diagnosis can be devastating. The fear and anxiety can be overwhelming.

But there is good news. How we treat cancer and care for those who are affected is changing rapidly. Through research and clinical trials new and more

effective treatments are emerging. And through unique services like Cancer Coaching, we can now address the needs of those affected by cancer in very personalized ways.

Because I believe the Cancer Foundation is uniquely positioned to address cancer care in our community, I'm honoured to chair the Cancer Champions Campaign. The task is large. We are working to raise \$20 million to ensure that when cancer hits close to home, we have the best care available for our loved-ones.

With your help, the campaign will transform cancer care in our community.

- Expand Cancer Coaching to address the unique needs of a growing number of cancer patients, survivors and their families to help them better take control of their lives and improve their quality of life.
- Fund local research to detect cancer earlier, diagnose it with more precision, and understand how to target specific treatments for individual patients with better success and fewer side effects.
- Support local clinical trials that test new targeted therapies like viruses, t-cell therapies and immunotherapies adapted for a specific patient. These new treatments inspire hope and offer the very best chance for beating the disease.

This is all within our grasp and you are an important part of making this happen. Your gifts, both big and small, support these efforts. I thank you for your generosity.

If you are interested in playing a larger role in the Cancer Champions Campaign, I invite you to contact John Ouellette at 613.247.3527 ext. 227.

Help Make Next Year Even Better

Thank you for helping families touched by cancer in our community. However, as the number of people in our community who receive a cancer diagnosis will reach over 7,000 next year, so does the need to support them.

You can help make sure that no one has to face cancer alone and has access to the latest treatment through your continued support. There are many ways for you to be involved. Please visit www.ottawacancer.ca to learn more. If you have any questions about your gift or our work, please contact us at info@ottawacancer.ca or call 613-247-3527.

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