

LIVING WELL

Stories of How Your Support Changes and Saves Lives

SPRING 2021



You helped Shawna find solace.

When Shawna Poapst learned at the age of 45 in September 2019 that she had a 48% chance of being diagnosed with breast cancer, she felt angry and alone. She'd lost her mom to spindle cell sarcoma and breast cancer just months before, and she knew she wanted to reduce her risk as much as possible. Faced with a daunting choice, she turned to the Ottawa Regional Cancer Foundation to help her navigate a complex journey....**continued on page 2**

You helped Shawna find solace (continued)

How your investment in Cancer Coaching supported this “previvor”.

Shawna was determined to reduce her risk of developing cancer. After meeting with a physician at the Women's Breast Health Center at The Ottawa Hospital where she received three options, she chose to pursue a prophylactic double mastectomy, lowering her risk dramatically to less than 5%. Her surgery took place on March 16, 2020, the last day before most procedures were cancelled due to COVID-19.

“I really, really struggled with my feelings,” recalls Shawna. “I tried and tried to manage them with my support system, but I was stuck. That’s when my therapist suggested I reach out to the Ottawa Regional Cancer Foundation.”

Matched with Cancer Coach Gina Pilon, Shawna found the support she needed. Through virtual sessions, Gina helped her learn how to process her feelings and let go of the anger she felt.

“At our initial meeting, I was feeling very hopeless,” Shawna says. “I felt like I was constantly climbing a huge mountain with all of the feelings I was facing and the inability to navigate them.”

She credits Gina and YOUR support of the Ottawa Regional Cancer Foundation’s Cancer Coaching program for where she is today.

“Thank you from the bottom of my heart! Having Gina as a Cancer Coach was instrumental in dealing with my feelings surrounding my surgery, as well as the loss of my sweet mother.”



“The support I have received through Coaching ... has been a tremendous help in my healing.”

– Shawna Poapst



Message from Michael

As we gain control over COVID-19, oncologists and cancer care experts fear there will soon be a wave of new cancer diagnoses, along with a sharp increase in screenings, appointments, treatments, and surgeries.

We are listening carefully to the feedback of patients, families, and experts alike - remaining flexible to ensure the ever-evolving needs of our community can be met quickly.

Thanks to you, the Ottawa Regional Cancer Foundation continues to offer vital Cancer Coaching services and fund research and clinical trials. In fact, we recently granted \$1 million to The Ottawa Hospital to support cancer care priorities!

We are thrilled to share more in this newsletter about how you are making a difference in the lives of local families. Despite the many challenges of COVID-19, you are creating a promising path forward. Thank you!

Michael Maidment
President & CEO
Ottawa Regional Cancer Foundation



Group Cancer Coaching for a Virtual World

Your support keeps services accessible online.

Thanks to you, the Cancer Foundation has recently been able to deliver three group Coaching programs virtually: Brain Fog, CLIMB®, and Rebalancing Life and Work After Cancer.

Brain Fog program Coaches are helping registrants manage the cognitive impacts of cancer. For those rethinking their professional life after a diagnosis, the Rebalancing Life and Work after Cancer workshop offers insights on legal issues such as work and disability as well as strategies to cope with post-treatment symptoms. The CLIMB® program is specially designed for pre-teens with a parent going through cancer.

Your generosity has ensured COVID-19 doesn't keep us from reaching those in need of support.

Group coaching is an invaluable opportunity to connect with others with similar needs and goals during a time that is otherwise often isolating. **Thank you for making these services possible!**

Unlocking the mysteries of cancer

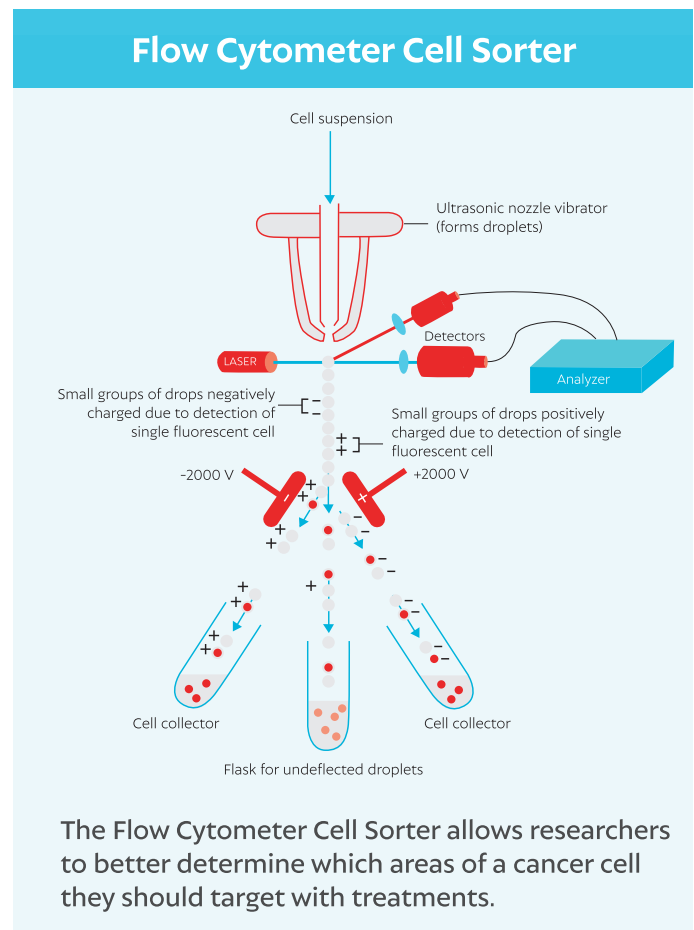
Because of you, local research is moving forward, faster.

Thanks in part to the contributions of Ottawa Regional Cancer Foundation donors, The Ottawa Hospital recently purchased a Flow Cytometer Cell Sorter: a vital piece of equipment that can sort through patients' cells to separate and analyze them more closely.

This means greater possibilities for personalized medicine and targeted treatments.

"I haven't been this excited about a new research tool for a very long time." says Dr. Michele Ardolino, Scientist in the Cancer Therapeutics Program, The Ottawa Hospital Research Institute. "It's a very exciting time in immune oncology."

Your generosity is what makes these kinds of innovations possible.

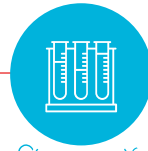


Your impact on cancer care in 2020

\$1 Million to accelerate cutting-edge cancer priorities at The Ottawa Hospital:



Research Grants



Clinical Trials



Advanced Equipment



Psychosocial Oncology

Coaching Services provided:

375 Families supported

1,051 Virtual coaching sessions delivered

1,052 Referrals to community resources

6 Programs re-designed for pandemic response

21 Average number of new clients per month



Ways to give:



Mail in your gift using the envelope provided



Give securely online: ottawacancer.ca/donation



Donate by phone at: **613-247-3527**



Make a tribute gift in honour or in memory of a loved one online: ottawacancer.ca/donation

Leave a life-saving legacy

Your bequest to the Ottawa Regional Cancer Foundation will help deliver much needed resources to cancer patients and their families in our community – and ensure we can confidently invest in long-term projects, like clinical trials and cancer research.

"I was able to leave a gift in my will that is deeply meaningful to me – and hopefully to the cancer patients who will benefit from it." - Ann Ranson



For more information about legacy giving, please contact:

Josée Quenneville, Vice President, Philanthropy

613-247-3527 ext. 264, jquenneville@ottawacancer.ca

1500 ALTA VISTA DRIVE, OTTAWA, ONTARIO K1G 3Y9 • WWW.OTTAWACANCER.CA • 613-247-3527

Charitable Registration Number: 8983 11170 RR0001

